

SCHÄR

TAGLIATELLE WITH ASPARAGUS

Ingredients: 250 g (9 oz.) **Schär Tagliatelle**, 400 g (14 oz.) fresh or frozen asparagus, 2 shallots, 100 ml (scant ½ cup) cream, 30 g (1 oz.) butter, 30 ml (2 tablespoons) white wine, a pinch of salt, 2 tablespoons grated Parmesan cheese to taste

Preparation: Remove the hard part of the asparagus stems and lightly peel the remaining asparagus with a small knife or potato peeler. In a tall pot, bring to the boil about 1 litre of water with 1 teaspoon of salt. Add the asparagus and let cook for 10 minutes. Then remove with a sieve and put on a plate to drain. Melt the butter in a pan. Add the chopped shallots and the white wine. Cut the asparagus stems into rounds (leaving the tips uncut), then place them in the pan and let cook for about 5 minutes. In the meantime, cook the pasta in plenty of salted water until done. Then drain and pour into the pan with the asparagus. Add cream, salt and pepper and stir over medium heat for about 1 minute. Place in a serving dish, sprinkle with grated Parmesan cheese and serve hot.

Nutritional values/100g

protein 4,3 g fat 8,3 g carbohydrates 23,2 g Kcal 187 Kj 789