

## Asparagus soldiers with boiled eggs

### Ingredients

3 free range eggs  
4 asparagus spears, trimmed and washed  
30g of plain flour  
45g of breadcrumbs  
125ml of vegetable oil  
2 pinches of table salt  
iced water



### Method:

Bring a pot of salted water to the boil. Blanch the asparagus for 1 minute and then plunge into iced water for 1 minute. Drain on some kitchen paper

Prepare 3 bowls for crumbing. Add flour to the first, 2 beaten eggs to the second and breadcrumbs to the third

Coat each asparagus spear in the flour, then the egg and finally the breadcrumbs until evenly coated

Heat a deep-fat fryer to 180°C. While it heats, draw faces on the eggs in non-toxic pen or pencil to make this more fun at the table. If you haven't got a deep fat fryer, shallow fry in a wide pan.

Bring a pan of water to the boil. Lower the eggs into the boiling water carefully and cook for around 3 1/2 minutes for soft boiled or 6-7 minutes for hard boiled

Meanwhile, fry the asparagus for 2-3 minutes, until golden brown and crispy. Drain well on some kitchen paper and season with salt