

FRIED ASPARAGUS WITH SALMON, SPINACH AND AN EGG

INGREDIENTS (4 PEOPLE)

- 24 asparagus
- 4 pieces of salmon fillet of 150 grams
- 1 kg of spinach
- 2 shallots
- Pepper and salt
- (herbal) olive oil
- Chives
- 1 cup of crème fraîche
- 1 tray of almond chips
- 2 eggs



PREPARATION METHOD

Cook the asparagus until tender and then fry them in olive oil until golden brown. Fry the salmon hard on the skin, add salt and pepper for extra flavor. Let the chopped shallots fry in olive oil, add the spinach and part of the almonds, cook and season with salt and pepper, drain in a sieve. As a sauce, make a mixture of crème fraîche, chives, salt and a little pepper. Prepare the plates with the asparagus, garnish with the spinach, then the salmon, half an egg, add the sauce to taste and finish with a few almonds.

