



Consejo del chef

You can make more jellies with other fruits and enjoy a delicious and very healthy snack.

Raciones para 1

1
Puff pastry dough

Cheese to taste

Wild asparagus

1
pinch of salt

1
egg yolk

Cane honey

Thyme leaves

- 1 First, cut the pastry dough into four parts on baking paper.
- 2 On each of the puff pastry squares, place a slice of cheese and a handful of uncooked wild asparagus diagonally with a pinch of salt and a dash of oil.
- 3 Wrap the asparagus in the puff pastry and paint it with beaten egg yolk.
- 4 Bake the puff pastry and asparagus rolls in the oven at 180°C for 15 minutes.
- 5 When the puff pastry is inflated and golden, take the rolls out of the oven and serve them with some cane honey and thyme leaves.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/hojaldre-de-esparragos-trigueros-y-queso/>

COOKING
LOVERS 