






BAKED ASPARAGUS CANNELLONI

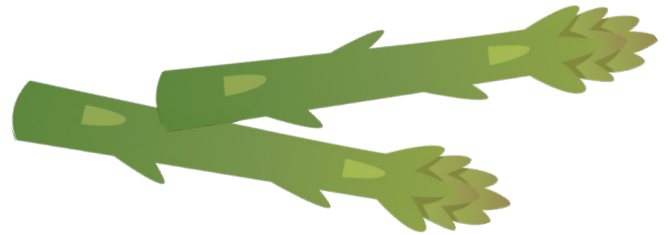
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BAKED ASPARAGUS CANNELLONI

-  4 lasagna sheets
-  salt
-  16 spears asparagus
-  40 grams or 1/3 cup Parmesan cheese grated
-  4 tablespoons garden cress to garnish

BÉCHAMEL SAUCE

-  2 tablespoons butter
-  2 tablespoons flour
-  300 ml or 1 1/4 cups hot milk
-  2 tablespoons lemon juice
-  black pepper
-  a pinch of nutmeg



INSTRUCTIONS

BOIL LASAGNA SHEETS: In a large saucepan, boil water, add a bit of salt and cook lasagna sheets for 6 minutes. Place on a kitchen towel in a single layer.

ASPARAGUS: Trim the ends of asparagus spears, and peel the lower thirds. Blanche asparagus for 6 minutes in boiling water, keeping the heads above the water not to overcook them.

BECHAMEL SAUCE: In a medium-sized saucepan, melt butter over medium heat. Stir in flour and cook for just up to 2 minutes, before it becomes brown. Gradually pour hot milk in it and keep stirring. Bring to a boil and cook it until it thickens to your liking, about 2 more minutes. Add lemon juice. Season with salt, black pepper and nutmeg. Preheat the oven to 180 °C or 350 °F.

ASSEMBLE: Take a lasagna sheet, put 4 asparagus spears on it and wrap. Transfer to a baking dish. Repeat with the rest of asparagus. Pour the sauce on top and sprinkle with grated Parmesan. Bake for 20 minutes until golden brown. Sprinkle with the garden cress. Enjoy



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