

Charred asparagus & cucumber ajo blanco dip

Smoky asparagus pairs a treat with this creamy sauce, a riff on the cool Spanish soup ajo blanco. This makes a great starter, or put it out as part of a spread.

Serves 4

Prepare 15 minutes

+ overnight chilling

Cook 10 minutes

- 2 x 230g bunches asparagus, woody ends removed
- 1 tbsp vegetable or sunflower oil

AJO BLANCO DIP

- 75g flaked almonds, toasted, plus 20g to serve
- 70g white bread (ideally sourdough), roughly chopped
- ¼ cucumber (about 150g), peeled and roughly chopped
- ½ clove garlic, thinly sliced
- 200ml whole milk
- 2½ tsp sherry vinegar
- ½ tsp fine sea salt
- 2 tsp extra virgin olive oil, plus extra to serve

1 In a bowl, mix all the ingredients for the ajo blanco together, apart from the olive oil, then cover and rest in the fridge overnight.

2 When ready to serve, transfer the ajo blanco to a blender with the olive oil and whizz until smooth; season if needed. Heat a frying pan or griddle over a high heat (or use a barbecue). Drizzle the asparagus with the oil, season, then cook for 8-10 minutes, turning occasionally, until charred on all sides. Spoon the ajo blanco onto plates and arrange the asparagus on top. Scatter over the extra flaked almonds and drizzle with olive oil.

GOOD HEALTH LOW IN SAT FAT / SOURCE OF PROTEIN / 3 PLANT VARIETIES

V Per serving 1516kJ/365kcal/27g fat/3.7g saturated fat/16g carbs/6.3g sugars/5g fibre/13g protein/0.9g salt/1 of your 5 a day »