

Asparagus Ham Rolls



Makes 8 rolls
Serves 3

Prep 20 mins

Cooking 20 mins

Easy

Ingredients

2 tablespoons butter
30g plain flour
500ml milk
60g grated cheddar cheese
salt
white pepper
Bunch of thin fresh asparagus spears (halve them if thick or pre-blanch for 3 mins)
6 - 8 thin slices fully cooked ham
25g dry bread crumbs
New potatoes or chips to serve

1. Preheat oven to 190 C/ Fan 170C/ Gas 5. In a saucepan, melt butter; stir in flour until smooth. Gradually stir in the milk. Bring to a boil. Cook and stir until thickened, 2-3 minutes.
2. Stir in cheese, salt and pepper. Remove from the heat. Place three asparagus spears on each ham slice. Roll up; secure with toothpicks if necessary.
3. Place in 33 cm x 23cm baking dish; top with cheese sauce. Sprinkle with crumbs. Bake, uncovered, until heated through, 20 minutes.
4. Serve with new potatoes or chips