

## Poêlée de Crevettes et Asperges Vertes



**Serves 4**   **Prep 20 mins**

**Cooking 10 mins**

**Easy**

### Ingredients

350g very large prawns  
400g green asparagus  
5 tbsp soy sauce  
1 lemon, juiced  
sesame seeds  
1 tbsp honey

### Tip1:

Don't overdo the soy sauce. Add a tbsp honey and some lemon juice to soften the taste

### Tip2:

You can use a mixture of green & white asparagus

1. Cut the base of the asparagus & keep the tender parts. Rinse, then plunge them delicately in a pan with salted boiling water for 10 mins. Drain.
2. De-vein the prawns & leave the tail ends on. Cut the asparagus in half lengthways.
3. In a frying pan, add a little oil. Add the prawns & cook for 2 mins. Sprinkle the soy sauce & lemon juice over them & cook for a further 5 mins.
4. Place the asparagus tips on a plate, add the prawns & sprinkle with the sesame seeds.