

## Ham and asparagus pasta

Serves 2

**200ml Avonmore Fresh Cream**

**2 garlic cloves, peeled but left whole**

**15 asparagus spears, chopped and blanched**

**3 thick slices ham, chopped into bite size pieces**

**2tbsp grated parmesan**

**salt and pepper**

**200g farfalle pasta**

*To serve*

### Green salad

- 1 In a small saucepan bring the cream and garlic to the boil. Take off the heat, remove the garlic, discard then set the pan aside.
- 2 Tip the asparagus spears and ham into the cream with the cheese. Stir and season.
- 3 Cook the pasta according to packet instructions. Drain the pasta, return the saucepan to the stove and reduce the heat. Add the cream mixture to the pasta and toss well. Serve immediately with a green salad.

Fat	25g	Carbs	59g	Energy	545kcal
Protein	24g	Sodium	.5g	Fibre	0g



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