

TOP TIP

How to cook with asparagus.

Asparagus is super tasty when roasted in a little olive oil, salt and pepper. With a squeeze of lemon, it's delicious and nutritious as a veg side. Cut it into pieces and add it to pasta, stir-fries and salads.

TRY ME!



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za