

ASPARAGUS PARCELS

3 ½ OZ FINE TIP ASPARAGUS
1 RED PEPPER, SLICED
½ C BEAN SPROUTS
2 TB PLUM SAUCE
1 EGG YOLK
8 SHEETS OF PHYLLO PASTRY
OLIVE OIL FOR FRYING

STEP 1

PLACE ASPARAGUS, BELL PEPPER, AND BEAN SPROUTS IN A LARGE BOWL. ADD PLUM SAUCE MIX WELL.

STEP 2

BEAT EGG YOLK, SET ASIDE.

STEP 3

LAY SHEETS OF PHYLLO ON CLEAN COUNTER. PLACE A LITTLE ASPARAGUS AND RED PEPPER FILLING THE TOP END OF EACH PASTERY SHEET. BRUSH THE EDGES OF DOUGH WITH THE EGG YOLK.

STEP 4

ROLL PHYLLO, TUCKING IN THE ENDS AND ENCLOSING THE FILLING LIKE A SPRING ROLL. REPEAT ON ALL.

STEP 5

COOK PHYLLOS TWO AT A TIME FOR 4 TO 5 MIN OR UNTIL CRISPY. SET ON PAPER TOWEL TO DRAIN EXCESS OIL.

SERVE HOT.