**Pot roast guinea fowl, Warm salad of char grilled asparagus, spring onions, fennel and radish**

**Sauté potatoes, Fine caper and tarragon mayonnaise**

4 x Guinea Fowl Supremes

20 Spears Asparagus, Trimmed and peeled

20 Spring Onions, Trimmed and washed

250g mids

2 bulbs fennel sliced 1cm thick

20 Radish Sliced

Lemon Juice

25g Fresh Chopped Tarragon

25g Fine Capers

2 Teaspoons Grain Mustard

20ml Vegetable Oil

4 table spoon mayonnaise

**Method**

Cook New Potatoes and leave to cool

Pan Fry Guinea Fowl Supremes in a medium hot pan with a little oil, skin side down

Leave until a nice golden brown colour, remove from pan, and place on tray and season with salt and cracked black pepper, set aside.

Place asparagus, fennel and spring onion in a bowl and add a little olive oil, mix so all vegetables are covered.

Heat Char Grill and grill all vegetables, if you do not have a char grill then you can place the vegetables on a tray and roast in the oven.

Make a basic vinaigrette using the vegetable using the vegetable oil, mustard and lemon juice

Add tarragon and capers to the mayonnaise and a little lemon juice if you want it to taste sharper.

Slice the potatoes and season and sauté in a pan with a little oil, and a knob of butter.

Fry until golden brown, set aside and keep warm

Place the guinea fowl Supremes and vegetables in an oven and cook at 180oc for about 12-14 minutes.

**To Finish**

Add vinaigrette and sliced radish to the vegetables, and make sure the vegetables are coated.

Place on a plate, add potatoes, a good spoonful of mayonnaise and then place the guinea fowl on top.