ASIAN ASPARAGUS: AN INCREDIBLE 5-INGREDIENT RECIPE



Author: Florence *Total Time:* 25 minutes

INGREDIENTS

– 1 bunch of fresh asparagus, trimmed
– 2 tablespoons soy sauce
– 1 tablespoon sesame oil
– 2 cloves garlic, minced
– 1 teaspoon sesame seeds

INSTRUCTIONS

Creating Asian Asparagus is a breeze when you follow these simple steps:

1. **Prepare the Asparagus**: Rinse the asparagus under cold water. Trim the tough ends, removing about 2 inches from the bottom.
2. **Heat the Pan**: In a large skillet, heat over medium heat. Add the sesame oil and let it warm up for about a minute.
3. **Add Garlic**: Once the oil is hot, add the minced garlic and sauté for about 30 seconds until fragrant. Be careful not to burn it.
4. **Cook the Asparagus**: Add the prepared asparagus to the skillet. Sauté for about 5-7 minutes, stirring occasionally, until the asparagus is bright green and tender yet still crisp.
5. **Add Soy Sauce**: Pour the soy sauce over the asparagus. Toss to coat and let cook for an additional 2-3 minutes.
6. **Finish with Sesame Seeds**: Remove from heat and sprinkle with sesame seeds. Toss lightly to distribute evenly.
7. **Serve**: Plate your beautifully cooked Asian Asparagus and enjoy immediately.

This step-by-step guide ensures that your Asian Asparagus is cooked to perfection, highlighting its natural flavors while adding delightful depth through the sauces.

NUTRITION

Serving Size: 4 *Calories:* 120 kcal *Fat:* 8g *Protein:* 3g

