

ASPARAGUS WITH HAZELNUTS

🍴 2 SERVINGS ⌚ 20 MINUTES

INGREDIENTS

- | | | | |
|---|--|---|----------------------------|
| 1 | pound asparagus | 1 | tablespoon chopped parsley |
| 2 | tablespoons olive oil | 1 | lemon |
| 2 | cloves garlic, finely chopped | | Salt to taste |
| 2 | tablespoons hazelnuts, toasted and chopped | | |

DIRECTIONS

1. Wash and trim one inch off the bottom of the asparagus. Slice asparagus into 2-inch pieces.
2. In a saute pan over high heat, add olive oil and cook for 1 minute. Add the garlic and fry for 30 seconds. Add the asparagus and saute for 3-4 minutes. Remove from heat.
3. Place asparagus onto a plate. Garnish with hazelnuts, parsley and salt to taste. Use a microplane to zest the lemon over the asparagus and serve immediately.

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QUICK TIPS

- Asparagus is high in vitamin K, C and folate.
- This vegetable grows in the spring. That is when it will be most flavorful and affordable.
- Asparagus can come in green, white and purple colors.

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ASPARAGUS WITH HAZELNUTS

榛子蘆筍

👤 2 人份

🕒 20 分钟

用料

- | | |
|--------------|----------------|
| 1 磅蘆筍 | 1 湯匙切碎的歐芹（洋香菜） |
| 2 湯匙橄欖油 | 1 粒檸檬 |
| 2 瓣大蒜，切碎 | 鹽少許 |
| 2 湯匙榛子，烘烤並切碎 | |

步骤

1. 將蘆筍洗淨，底部切除一英寸。將蘆筍切成 2 英寸條。
2. 在炒鍋中用高溫加熱，加入橄欖油並煮 1 分鐘。加入大蒜，炒 30 秒。加入蘆筍，炒 3-4 分鐘。熄火。
3. 把蘆筍放在盤子裡。用榛子、歐芹和鹽點綴。用刨絲刀在檸檬皮蘆筍上削，立即食用。

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小貼士

- 蘆筍富含維生素 K、C 和葉酸。
- 這種蔬菜在春天生長。那是最美味和最實惠的時候。
- 蘆筍有綠色、白色和紫色。

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榛子蘆筍