

# ASPARAGUS & ALMOND SAUTE

🍴 4 SERVINGS ⌚ 20 MINUTES

## INGREDIENTS

- |   |  |   |   |
|---|--|---|---|
| 1 | pound asparagus,<br>sliced into small pieces | 1 | lemon, zested                           |
| 1 | cup thinly sliced leeks                      | 1 | orange, zested                          |
| 2 | tablespoon olive oil                         | 2 | tablespoons toasted almonds,<br>chopped |
| 2 | cloves garlic, finely chopped                | 1 | tablespoon chopped parsley              |
- SALT TO TASTE

## DIRECTIONS

1. Add olive oil to a medium saute pan. Add asparagus and leek, and cook until asparagus is tender, about 3-4 minutes.
2. Add garlic, lemon zest and orange zest and cook for 1 minute more, until fragrant.
3. Move asparagus mixture to your serving plate. Top with chopped almonds, parsley and salt to taste. Serve immediately and enjoy!



## QUICK TIPS

- Asparagus is high in Vitamin K, which is good for our bone health.
- This vegetable grows in the spring, meaning that's when it will be cheapest and most flavorful.
- You can substitute fresh asparagus for frozen during the winter!

**TAG YOUR RECIPES!**

📷 #THATSAFRESHBITE

ESSEX MARKET

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