

GRIDDLED ASPARAGUS WITH LEMON ZEST AND GARLIC

This simple yet elegant recipe highlights the natural flavor of fresh asparagus with a bright citrus kick and aromatic garlic. Perfect as a side dish for any meal.



SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 1 pound fresh asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- Zest of 1 lemon
- 1 teaspoon sea salt (to taste)
- ½ teaspoon freshly ground black pepper
- 1 tablespoon fresh parsley, finely chopped (optional)

DIRECTIONS

1. Prepare the Asparagus:
2. Wash the asparagus and trim the woody ends. Pat dry with a kitchen towel.
3. Heat the Griddle:
4. Place a grill pan or cast-iron griddle over medium-high heat. Drizzle 1 tablespoon of olive oil onto the hot griddle and spread evenly.
5. Cook the Asparagus:
6. Lay the asparagus in a single layer on the griddle. Cook for 3-4 minutes on each side, turning occasionally with tongs, until the asparagus is charred in spots and tender-crisp.
7. Add Garlic:
8. Drizzle the remaining olive oil over the asparagus, then sprinkle the minced garlic evenly over the top. Toss gently and cook for an additional minute, allowing the garlic to become fragrant but not burnt.
9. Finish with Lemon Zest:
10. Remove the asparagus from the griddle and transfer it to a serving platter. Sprinkle with lemon zest, sea salt, and black pepper. Garnish with fresh parsley, if desired.
11. Serve:
12. Serve warm or at room temperature. This dish pairs beautifully with roasted chicken, grilled fish, or a hearty pasta.