



ASIAN-FLAVORED MARINATED ASPARAGUS

Altered Simple Marinated Asparagus Recipe

INGREDIENTS

- 2 pounds fresh asparagus
- 1/3 cup soy sauce
- 1/3 cup rice vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon sesame oil
- 2 Tablespoons honey
- 2 cloves of garlic
- 1 Tablespoon grated fresh ginger
- cayenne pepper to taste
- 1 Tablespoon toasted sesame seeds

PREP TIME

- Prep | 20 m
- Refrigerate | 2 hours
- Ready in | 2 hours 20 m

PROCEDURE

01

Bring ½ in water to boil in a skillet. Add asparagus, and reduce heat. Cover and simmer 3-5 minutes or until asparagus is slightly tender. Drain and rinse in cold water to stop any further cooking.

02

Add asparagus to reusable storage bag

03

Whisk all other ingredients (EXCEPT sesame seeds) in a small bowl. Pour marinade over asparagus and seal bag.

04

Refrigerate for at least two hours or overnight. Turn once or twice while refrigerating.

05

When ready to serve, drain marinade and plate asparagus. Sprinkle with sesame seeds, and serve.

