



Sautéed Asparagus Recipe with Lemon and Garlic

Introduction

Sautéed asparagus is a delightful and nutritious dish that celebrates the fresh flavors of spring. This simple recipe from Love and Lemons highlights the natural taste of asparagus with just a few ingredients, making it an excellent side dish or a versatile addition to a variety of meals. Whether you're serving it alongside grilled meats, tossing it into pasta, or adding it to a frittata, sautéed asparagus is sure to elevate your dining experience.

Detailed Ingredients with measures

- Extra-virgin olive oil: 2 tablespoons
- Asparagus: 1 pound, woody ends trimmed and chopped into 1-inch pieces
- Sea salt: $\frac{1}{4}$ teaspoon
- Freshly ground black pepper: to taste
- Fresh lemon juice: 1 teaspoon

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 3 to 6 minutes

Total Time: 16 minutes

Yield: Serves 4

This sautéed asparagus recipe is easy to follow and can be prepared quickly, making it a perfect choice for weeknight dinners or special occasions. Enjoy the vibrant taste of asparagus enhanced with a hint of lemon for a fresh and zesty flavor profile.

Detailed Directions and Instructions

Step 1: Heat the Olive Oil

In a medium skillet, pour in 2 tablespoons of extra-virgin olive oil. Place

the skillet on the stove and turn the heat to medium.

Step 2: Add the Asparagus

Once the olive oil is heated, add 1 pound of asparagus that has been trimmed of woody ends and chopped into 1-inch pieces. Sprinkle in $\frac{1}{4}$ teaspoon of sea salt and several grinds of freshly ground black pepper.

Step 3: Sauté the Asparagus

Sauté the asparagus, stirring often, for about 3 to 6 minutes. The asparagus is ready when it becomes tender; the exact timing will depend on the thickness of the asparagus spears.

See also Big Mac Pasta

Step 4: Toss with Lemon Juice

Once the asparagus is tender, remove the skillet from the heat. Drizzle in 1 teaspoon of fresh lemon juice and toss the asparagus to combine.

Step 5: Final Seasoning and Serve

Taste the sautéed asparagus and adjust the seasoning if necessary. Serve immediately as a side dish or add to your favorite recipes such as frittatas and pastas.

Notes

Freshness Counts

Use fresh asparagus for the best flavor and texture. Look for bright green spears with firm tips.

Variations

Feel free to add other seasonings, such as garlic or herbs, to enhance the flavor of the dish.

Storage

Leftover sautéed asparagus can be stored in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stovetop or in the microwave.



Sautéed Asparagus Recipe with Lemon and Garlic

Cook techniques

Sautéing

Sautéing is a cooking technique that involves cooking food quickly in a small amount of oil or fat over relatively high heat. The goal is to achieve a nice caramelization while retaining the food's moisture and texture.

Trimming Asparagus

To ensure even cooking and the best texture, trim the woody ends of the asparagus. This can be done by snapping off the ends or cutting them with a knife, removing the tougher parts of the stalk.

Seasoning

Seasoning is essential for enhancing the flavor of your dish. In this recipe, sea salt and freshly ground black pepper are used to bring out the natural flavors of the asparagus.

Drizzling Lemon Juice

Adding fresh lemon juice at the end of cooking brightens the dish and adds a refreshing acidity. It balances the richness of the olive oil and complements the asparagus well.

See also [Hummus Avocado Toast Variations](#)

FAQ

Can I use frozen asparagus for this recipe?

Yes, you can use frozen asparagus, but the texture may differ. Make sure to thaw and drain excess moisture before sautéing.

What can I serve with sautéed asparagus?

Sautéed asparagus makes a great side dish for proteins like chicken, fish, or tofu. It can also be added to pastas, frittatas, or grain bowls.

How do I know when the asparagus is done cooking?

The asparagus is done when it is tender yet still has a slight crunch. This usually takes about 3 to 6 minutes depending on the thickness of the spears.

Can I add other ingredients to the sautéed asparagus?

Absolutely! You can add garlic, onions, or other vegetables during the sautéing process for extra flavor. Nuts or cheese can also be great additions.

Conclusion

Sautéed asparagus is a quick and flavorful dish that can elevate a variety of meals. With its bright, fresh taste and vibrant color, it's an ideal addition to both casual dinners and more elaborate gatherings. This simple technique also allows the natural flavors of the asparagus to shine through, making it a versatile side dish for any occasion.

Asparagus and Quinoa Salad

Combine sautéed asparagus with cooked quinoa, cherry tomatoes, and a light lemon vinaigrette for a refreshing salad.

Asparagus and Egg Frittata

Incorporate sautéed asparagus into a frittata with eggs, cheese, and herbs for a hearty breakfast or brunch option.

Pasta Primavera

Toss sautéed asparagus into pasta dishes with seasonal vegetables and a light garlic sauce for a delightful spring meal.

Asparagus Stir-Fry

Add sautéed asparagus to a stir-fry with other veggies, tofu, or chicken, served over rice for a quick and satisfying dinner.

See also [Black Pepper Cheddar Bacon Biscuits Recipe](#)

Grilled Asparagus with Balsamic Glaze

Finish sautéed asparagus on the grill and drizzle with balsamic glaze for a smoky, sweet flavor enhancement.

Asparagus Soup

Blend sautéed asparagus with vegetable broth and seasonings to create a creamy, healthy asparagus soup.



Sautéed Asparagus Recipe with Lemon and Garlic



Sauteed Asparagus Recipe with Lemon and Garlic