



Recipe of the Week

BARBECUED ASPARAGUS WITH TWO DRESSINGS

One of the best ways to maximise the flavour of asparagus is to cook it on the barbecue. Toss trimmed asparagus spears in a little olive oil then cook on a hot barbecue for a few minutes each side until tender and charred. Simply season with salt, pepper, and lemon juice or try one of the following:

Dill & Pine Nut Dressing

1. Place ½ cup loosely packed dill and 70g pine nuts in a food processor and blend to a paste.
2. Slowly pour in 2 tablespoons extra virgin olive oil, continuing to blend until smooth. This is enough for 300g of asparagus.

Roasted Sesame & Lemon Dressing

1. Toast 50g sesame seeds in a frying pan over medium heat until golden. Set aside to cool.
2. Place the seeds and ¼ teaspoon salt in a small food processor or mortar and pestle and grind to a paste.
3. Slowly pour in 2 tablespoons virgin olive oil, grinding or processing to combine, then stir in 2 tablespoons lemon juice. This is enough for 300g of asparagus.

Recipes courtesy Fiona Smith & NZ Gardener Garden Diary 2019