

Recipe

Stir Fry Asparagus

By

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Ingredients

500 gm fresh asparagus
1½ Tsp olive oil
¼ Tsp Yellow asafetida powder
¾ Tsp salt
¼ Tsp ground black pepper
Juice of 1 lemon

Preparation

1. Wash the asparagus and remove the thick base part.
2. Heat oil in a pan over moderate heat. Sprinkle asafetida and drop the asparagus. Stir fry the asparagus carefully not to break it.
3. Add salt, black pepper and cook until tender but a little firm so that the asparagus doesn't lose its shape.
4. Serve warm with a squeeze of lemon juice.

Serves

4-5

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