Grilled Creamy Asparagus

Cuisine: **Chinese** Food category: **Vegetables**



Author: Gary CHIU Company: Retigo Asia

Program steps



Ingredients - number of portions - 10

Name	Value	Unit
green asparagus	500	g

Name	Value	Unit
crème fraîche	100	ml
lime juice	50	ml
sea-salt	5	g
freshly ground black pepper, ground	5	g
ground smoked paprika	3	g

Nutrition and allergens

Allergens: Minerals: K, Mg Vitamins: B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	16.9 kJ
Carbohydrate	1.4 g
Fat	0.4 g
Protein	1.6 g
Water	0 g

Directions

♦ Wash the whole plant of California asparagus, drain and set aside

◇ Cut off the hard stem at the tail end, the root skin at the back end is too hard, peel about 5cm

♦ Mix Californian asparagus and crème fraiche

♦ Baking at high temperature for a short time retains moisture and crispness to the maximum extent, and the color of the oven is emerald green

Recommended accessories

