



# East-West Marinated Asparagus

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 3lbs fresh asparagus, trimmed (48 to 60 medium-sized spears)
- 1/3 cup low sodium soy sauce
- 1/3 cup rice wine vinegar
- 3 tbsp. vegetable oil or extra virgin olive oil
- 3 cloves garlic, minced
- 2 tbsp. grated fresh ginger
- 1 tbsp. agave nectar (or honey)
- Pinch cayenne pepper, or to taste
- 1 tbsp. toasted sesame seeds 1 Thai bird chili, seeded and thinly sliced for garnish, optional

## Instructions

Step 1: Cook asparagus in pot of boiling salted water 5 minutes. Drain, and plunge into a bowl of ice water to stop the cooking process.

Step 2: Whisk together soy sauce, rice wine vinegar, oil, garlic, ginger, agave nectar or honey, and cayenne.

Pour over asparagus in large baking dish, (or in a ziploc bag) adding water, if necessary, to submerge asparagus. Cover, and chill 4 hours, or overnight.

Step 3: Drain off marinade, and arrange asparagus on plates or serving platter. Sprinkle with sesame seeds and chili slices, if using.

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