Pan-Fried Asparagus

Serves 4 | Active Time: 20 minutes | Total Time: 20 minutes

- 2 bunches fresh green asparagus (roughly 2 lbs)
- 2 tbsp olive oil
- 2 tbsp plant-based butter
- 2 tbsp Plant-Based Parmesan
- 1 lemon, halved
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 to 3 tbsp water
- Maldon sea salt, to finish (or other quality sea salt such as flour de sel)

To start, first gather and prepare your mise en place, including the Plant-Based Parmesan (Plant-Based Parmesan).

For the asparagus, we like to keep it so that it's all pointing it in the same direction but that's not totally necessary. It just makes for nicer presentation when serving it.

To cook the asparagus, first, heat a wide fry-pan on medium-high heat and then add the oil, followed by the asparagus — spreading the asparagus out (as much as possible) so that it comes into direct contact with the bottom of the pan. Let the asparagus cook for a minute or so and then add the butter and a touch of salt and pepper.

Allow the asparagus to cook for another a minute or so, without touching it, and then gently toss or flip it over using tongs.

Once the asparagus is almost done, reduce the heat and squeeze half of the lemon over the asparagus, and add a tablespoon or so of water, followed by the parmesan.

In total, the asparagus should only take about 5 to 7 minutes to cook — of course, this will depend on the thickness of the asparagus. Basically, when done, it should be just cooked through, and still, be nice and green and with some firmness to it.

Lastly, add a touch of Maldon salt (a large flaked finishing salt) to the asparagus and taste for seasoning. If needed, add a touch more lemon juice and/or salt. Once ready, place the asparagus onto a platter.

To finish the dish, add another tablespoon of water to the pan and scrape up any parmesan/butter and stir to form a sort of sauce. Pour this buttery sauce over the asparagus and finish with a bit more Maldon salt, if desired and serve immediately.