

Grilled Asparagus

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Warm or cold, this grilled asparagus makes a fantastic side dish. It's also a perfect addition to any vegetable or antipasto platter. Try them with a thin slice of prosciutto or Serrano ham wrapped around the stalk.

Grilling the Asparagus

Preheat your grill to medium-high. Wash the asparagus and pat dry. If the asparagus is quite thick, peel the outer skin. Trim the lower third of the stalk off.

Before grilling, turn the flame down to medium where the tips of the asparagus will lay. If you can't do this with your grill, don't worry; just keep an eye on them and turn often so they don't burn.

Depending on the size of the asparagus, grill for approximately 2 to 4 minutes. They should be slightly charred and still have a bit of crunch to them.

Once done, place onto a baking sheet. Drizzle with the olive oil and squeeze fresh lemon juice over top. Toss gently to coat. Sprinkle with fleur de sel and toss again. Transfer to a serving platter and top with a bit more fleur de sel.

Step 1: Grilling the Asparagus

- 1 bunch asparagus
- 2 tsp extra-virgin olive oil
- 1/2 lemon (juice of)
- 1/4 tsp fleur de sel (or to taste)