

# Searred Asparagus



## Ingredients

For 1 Serving

- 1/2 Tbsp Extra-Virgin Olive Oil
- 200g Raw Asparagus (*Cut off edges*)
- Ground Black Pepper to taste
- 1/2 Tbsp Balsamic Vinegar

## Directions

1. Measure olive oil in frying pan on medium heat  
(Let oil in pan to heat up for a few minutes)
2. Cut off the ends of asparagus and place in frying pan.
3. Cook on medium heat for approximately 4-5 minutes,  
tossing asparagus frequently. (Cook time will vary  
based on thickness of asparagus)
4. When asparagus is almost fully cooked, add black  
pepper and balsamic vinegar.  
Cook for a few minutes longer.

