



Blanched Asparagus with Mediterranean Salsa

Makes: 4 servings

Prep Time: 12 minutes Cook Time: 4 minutes

Total Time: 16 minutes

Ingredients

Mediterranean Salsa:

- 12 oz cherry tomatoes, cut into quarters
- 1 to 2 shallots, finely chopped
- 1 garlic clove, minced
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 6 to 7 pitted kalamata olives, chopped (optional)
- 1 jalapeño pepper, finely chopped (optional if you want to add spice)
- Kosher salt and pepper
- 1/2 tsp to 1 teaspoon sumac
- 2 to 3 tsp lemon juice
- Extra virgin olive oil

Asparagus:

- 1 & 1/2 pounds asparagus, tough ends trimmed
- Zest of 1 lemon

Instructions

Mediterranean Salsa:

Place quartered cherry tomatoes, chopped shallots, minced garlic, chopped fresh herbs, chopped kalamata olives (if using), and chopped jalapeño (if using) in a mixing bowl. Season with kosher salt, pepper, and sumac (start with a heaping 1/2 teaspoon sumac, add more later if needed). Toss gently.

Add lemon juice and a generous drizzle of quality extra virgin olive oil. Toss to combine. Set aside for a few minutes to let the flavors marry.

Blanched Asparagus:

In a cooking pot or large saucepan, bring 8 cups of water, seasoned with 2 tablespoons of kosher salt, to a boil. Have a large bowl of ice water ready next to it (this is an ice bath for the blanched asparagus).

When water comes to a rolling boil, add the prepared asparagus. Boil until tender, 3 to 4 minutes (depending on thickness). Remove with tongs, or drain in a colander, and immediately transfer to the bowl of ice water for 1 minute to stop the cooking process. Drain; set aside to cool down a bit (or if you prefer to serve it as a salad, chill in the fridge for a bit).

When ready to serve, arrange the asparagus on a serving platter. Season with salt and pepper. Add a drizzle of good extra virgin olive oil and lemon zest. Top with Mediterranean Salsa.

Recipe by The Mediterranean Dish