

Grilled Asparagus with Lemon Anchovy & Garlic Bread Crumbs



Author: Monika Topolko

Serves 2 as a side dish or 1 as a light meal

Prep time: 5min

Cook time: 10min

Total time: 15min

Difficulty: Basic

Category: Salads & sides, Vegetarian

This dish is so quick and easy to make! You can serve it as a side dish or even an appetizer, and if you top it with an oozing poached egg, it makes a perfect light lunch on a hot summer day.

Ingredients

- 1 bunch (about 500g) asparagus, trimmed
- 2 tablespoons extra virgin olive oil
- 1 slice whole wheat bread (preferably a day old)
- 1 anchovy fillet, minced
- 1 small garlic clove, minced
- zest of 1 lemon
- sea salt to taste
- freshly ground black pepper
- 1 tablespoon roughly chopped toasted almonds
- 1 tablespoon chopped fresh parsley
- 2 poached eggs, optional

Directions

Put the asparagus on a sizzling hot grill pan. Cook until tender, about 5-6 minutes, turning often. Meanwhile, blitz the bread in a food processor until you get nice crumbs. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the bread crumbs, stirring occasionally, until the bread crumbs are browned and toasted, about 2 minutes. Stir in the anchovy, garlic and a pinch of salt and sauté until fragrant, about 2 minutes longer. Add the lemon zest, chopped almonds and parsley and season with black pepper, then transfer the mixture to a small bowl. Transfer the asparagus to a serving plate, drizzle with the remaining tablespoon of olive oil and season with salt and pepper. Spoon the bread crumbs over and top with poached eggs, if desired.