

Roasted asparagus with balsamic bell pepper sauce

Whether as a main course or side dish, this quick and uncomplicated dish is a pure delight. Here, roasted asparagus meets a delicious balsamic bell pepper sauce with fresh parmesan.

Zutaten
4 Portionen

2 Piece Red and yellow peppers
1 Piece Zucchini
2 EL Byodo Roast Olive Mediterranean
50 ml White wine
Byodo sea salt
Pepper
1 EL Oregano, fresh
1 EL Aceto Balsamico di Modena IGP
500 g Green asparagus
Parmesan cheese
Lemon zest

Zubereitung

Cut the peppers and zucchinis into very small pieces. Heat 1 tbsp of frying oil in a non-stick frying pan and fry the vegetables for approx. 2-3 mins. fry. Deglaze with white wine. Cover the pan with a lid and cook for a further 5-7 minutes. steam. Season with salt and pepper. Remove the vegetables from the heat and place in a bowl. Mix in the oregano and balsamic vinegar and cook for approx. 5 mins. Leave to stand.

Wash the green asparagus, cut off the woody ends and fry in a grill pan with frying oil. It is ready when it has taken on some color.
Mix the sauce again and serve lukewarm with Parmesan cheese and a little lemon zest over the asparagus.
Delicious as a starter with some bread or as a main course or side dish.