



## SPRINGTIME SPICY ASPARAGUS RECIPE

**Doshic Effect:** Vata ↓, Pitta ↑\*, Kapha ↓

**Servings:** 3 to 4

**Prep Time:** 10 to 15 minutes

**Cook Time:** 10 minutes

\*Follow the Pitta modifications to make this recipe more Pitta-balancing.

### INGREDIENTS

- 1 large bunch asparagus
- 2 tablespoons minced ginger
- 2 medium cloves garlic, minced (use 1 small clove for Pitta)
- 1 teaspoon minced serrano pepper (omit for Pitta)
- 3 tablespoons olive oil (use 2 tablespoons for Kapha)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon brown mustard seed, whole (omit for Pitta)
- 1/2 teaspoon cumin seed, whole
- Pinch cayenne pepper (optional; omit for Pitta)
- 3/4 teaspoon Agni Churna (substitute with 1/2 teaspoon turmeric if needed)
- 2 tablespoons water
- 1/2 lemon, juiced (use lime for Pitta)
- 1/8 teaspoon salt (pink Himalayan salt is the best)

### DIRECTIONS

1. Wash the asparagus well. Snap off and discard the ends by bending each spear until it breaks off. Chop the remaining asparagus spear into 1/2 to 1 inch pieces and set aside.
2. Mince the ginger, garlic, and serrano pepper and set aside.
3. Heat the oil in a large sauté pan over medium heat. Once hot, add in the black pepper, brown mustard seeds, and cumin seeds. Sauté over medium heat for 2 minutes, stirring frequently.
4. Add in the ginger, garlic, and serrano pepper. Continue to sauté for 1 minute stirring frequently.
5. Add in the cayenne pepper (if using) and the Agni Churna. Sauté for an additional 30 to 60 seconds stirring constantly.

6. Add in the asparagus and stir well until each piece is evenly coated with the spice mixture. Continue to sauté over medium heat for 2 minutes, stirring every 30 to 45 seconds.
7. Add in the water, stir, and cover the pan for an additional 2 minutes. Stir every 30 to 45 seconds.
8. Turn off the heat, but keep the pan over the hot burner. Add in the lemon juice and salt and stir well.

### **PAIRING TIPS**

- Serve over a plain bowl of mung dal (my personal favorite!) or any dal recipe
- Serve over a bowl of rice (basmati, brown, red), quinoa, buckwheat, or millet
- Serve over chapati or roti
- Serve on the side of any recipe you desire
- Enjoy as a small dinner or healthy snack, all on its own!