

Less than 30 minutes

Serves 4-6

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Ingredients:

- ½ cup (125ml) PnP double-cream plain yoghurt
- Juice (60ml) of 1 lemon
- 1 tsp (5ml) each ground cumin and ground coriander
- Handful of chopped fresh dill (optional)
- Salt and milled pepper
- 2 packets (250g each) asparagus
- Glug olive oil
- 1 packet (100g) crimson leaf mix
- Seed mix of choice, for sprinkling (we used spicy dukkha)

Method

1. Combine yoghurt, lemon juice, spices and dill.
2. Season and spread on a platter.
3. Prepare medium-hot coals (or a hot griddle pan).
4. Break chalky bottom tips off asparagus (they snap off naturally at the ends) and discard.
5. Toss asparagus spears in olive oil and season.
6. Grill asparagus for 8-10 minutes until bright green and well-charred.
7. Cool slightly, then arrange on top of yoghurt mixture.
8. Top with crimson leaf mix and sprinkle with seed mix of choice.

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