

Less than 1 hour

Serves 2

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 clove garlic, crushed
- 3 slices crusty bread, torn into small chunks
- Grated peel of 1 lemon
- Lemon pepper (optional)

Dressing:

- Juice (60ml) of 1 lemon
- 2 Tbsp (30ml) olive oil + extra for drizzling
- Salt and milled pepper
- 1 tsp (5ml) wholegrain mustard
- A few sprigs chopped fennel and parsley
- 2 packets (200g each) asparagus, woody ends removed and discarded

Method:

1. Heat olive oil in a pan and fry garlic.
2. Add bread chunks and toast until golden.
3. Add lemon zest and a pinch of lemon pepper, if using. Remove and set aside.
4. For dressing, whisk together lemon juice, olive oil, wholegrain mustard and herbs.
5. Heat a griddle pan over a high heat or make a fire.
6. Drizzle asparagus with olive oil and season.
7. Grill asparagus in a griddle pan or over coals until slightly charred and tender but still firm.
8. Serve asparagus topped with croutons and drizzled with dressing.

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