



Sauteed Asparagus*

Serving: 1

Veg

Ingredients

- **-Garlic: 5-6 cloves, crushed nicely**
- **-Sesame seeds: 1 tsp.**
- **-Butter/Coconut Oil: 10 ml.**
- **-Chia and Flax seeds: 1 tsp. each (optional)**
- **-Soya sauce or liquid amino (Keto friendly): 1 tablespoon**
- **-Asparagus: 200 gm. (Can use green beans too)**
- **-Bell peppers: 1 tbsp. , chopped**

Preparation Method

- Take a pan. Heat oil/butter. Sauté garlic with sesame seeds, chia, flax seeds over medium-high heat for 3 to 5 minutes.
- Add and sauté asparagus until its crisp-tender. Add a tablespoon soy sauce; reduce heat to medium low.
- Cook 3-4 minutes or until asparagus is tender. Garnish with bell peppers and serve!