

ROASTED ASPARAGUS WITH A HERB PANGRATTATO

FOR THE ASPARAGUS AND PANGRATTATO

1 kg asparagus washed, dried and wood ends removed if necessary
3 tablespoons unsalted butter, melted
2 tablespoons olive oil
5 cloves garlic, minced
1/2 cup fresh grated Parmesan cheese (or Parmigiano-Reggiano cheese)
1/2 cup Panko breadcrumbs
2 teaspoons parsley, finely chopped
Zest of 1 lemon
Salt and pepper, to taste (about 1/2-3/4 teaspoon salt and 1/4 teaspoon pepper)

Instructions

Step 1: Preheat the oven to 205°C. Lightly grease a baking tray or sheet with non stick cooking oil spray.

Step 2: Place the trimmed asparagus in a bowl. In a second bowl combine the butter, olive oil, 1 large clove minced garlic, parsley and bread crumbs, mix to combine well. If the mixture is too wet add an additional tbsp of bread crumbs.

Step 3: Add the crumb mixture to the asparagus and mix by hands to carefully and evenly coat the asparagus with the oil and crumbs.

Step 4: Transfer the asparagus and breadcrumb mixture onto prepared baking sheet and arrange into one even layer. Bake for about 10 minutes, or until the asparagus are just tender.

Step 5: Grill for 2-3 minutes until breadcrumbs are golden browned and asparagus has reached desired doneness. Serve warm on a warmed platter.

THE COOKERY

by The Secret Jozi Chef