

Saffron Asparagus Kitchari

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Prep: 15 Cook: 30 Rest: 0 Servings: 2

Ingredients

- 1 serving ▸ Kitchari (recipe not specified)
- 1 tbs ▸ Lemon
- 1 pinch ▸ Saffron
- 1 sprig ▸ Mint
- 1 bunch ▸ Asparagus
- 1 handful ▸ Dandelion Greens

Instructions

1. Prepare Dandelion Greens

Wash dandelion greens thoroughly. Sauté with a minimal amount of oil or water, adding lemon and mint towards the end. Tip: Use warming spices like black pepper.

2. Prepare Asparagus

Prepare the asparagus by trimming the ends and washing thoroughly. Sauté with a minimal amount of oil or water to prevent sticking.

3. Prepare Kitchari

Prepare the kitchari according to a separate recipe. Incorporate saffron for flavor and color. Tip: Follow the recipe and adjust seasoning according to taste.

4. Combine and Serve

Serve the kitchari alongside the sautéed dandelion greens and asparagus. Enjoy warm.

Source: <https://youtu.be/lZBh2wc8LF4?si=fXP-n3axW7uVsDXk>