



AT LENOX HILL NEIGHBORHOOD HOUSE

## Orange, Garlic and Asparagus Stir-Fry

Serves 4-6

### Ingredients

- 1-2 red chilies (Fresno or Holland), thinly sliced
- 1 tablespoon fresh ginger, chopped
- 2 garlic cloves, chopped
- 1 teaspoon sesame oil
- 1 tablespoon oil
- 1 lb. asparagus, thinly sliced on an angle ¼" thick. If stalk is thick, peel
- 1 tablespoon soy sauce
- 1 tablespoon unsalted butter
- Zest and juice of 1 small orange
- ½ cup cilantro, leaves only
- 2 teaspoons toasted white sesame seeds

### Directions

1. In a large skillet over medium-high heat, add oil, chilies, ginger, and garlic. Sauté for 2 minutes, stirring constantly.
2. Add asparagus and a pinch of salt and cover for 1 minute. After 1 minute, remove lid and continue to cook asparagus until edges are lightly brown, about 2-3 minutes.
3. Add soy sauce, butter, sesame oil, and 1 tablespoon of water and continue to cook, stirring constantly until asparagus is slightly tender and coated in sauce.
4. Remove pan from heat. Add zest and juice.
5. Top with fresh cilantro leaves and toasted sesame seeds.

### Note:

- Serve with any whole grain or noodles of your choice. We particularly love to do a combination of steamed brown rice and barley with this one.