

Air Fryer Asian-style Asparagus



These air fryer asparagus are perfect as a side dish or to add a bit of green to accompany an Asian-inspired protein.

Preparation 5 min

Cooking 8 min

Servings 4

Nutrition Facts (per serving)

Calories 75

Fat 5

Carbohydrates 6

Fibre 2

Protein 2

Sodium 50

Ingredients

- 17.5 ml (1.5 tbsp) sesame oil
- 2 cloves of garlic, finely chopped
- 10 ml (2 tsp) sesame seeds
- 5 ml (1 tsp) low sodium soy sauce
- 2.5 ml (½ tsp) ground pepper

- 500 g (1 lb) fresh asparagus, washed, not dried, and cut into quarters

Preparation

1. Preheat the air fryer to 375°F (190°C).
2. In a large bowl, mix all the ingredients except the asparagus.
3. Add the asparagus and mix with your hands to ensure they are well coated with the marinade.
4. Place the asparagus in the air fryer basket and cook for 8 minutes, shaking the basket halfway through.

Notes

Can be stored for 4 days in the refrigerator in an airtight container. Not suitable for freezing.



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