



JERNEJ KITCHEN

GRILLED ASPARAGUS WITH HAZELNUTS AND WHITE BEANS

Grilled Asparagus with Hazelnuts and White Beans is a healthy and quick vegan side dish recipe for picnics, barbecue, and summer days.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
GRILL:	5	MINUTES
TOTAL TIME:	20	MINUTES

GRILLED ASPARAGUS WITH HAZELNUTS

- 50 g (1/3 cup) hazelnuts
- 3 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 450 g (1 pound) fresh asparagus

WHITE BEAN CREAM

- 1 (250g net or 14-oz) can drained white beans
- 60 ml (1/4 cup) water or vegetable stock
- 2 tbsp olive oil

TOOLS AND EQUIPEMENT

- baking sheet
- tea towel
- blender or immersion blender
- bowl
- kitchen knife
- outside grill or grill pan

Sponsored

ROASTED HAZELNUTS

First, prepare the hazelnuts. Arrange them over a baking sheet. Place in the preheated oven on the top rack. Roast for 8 - 10 minutes at 180 °C / 350 °F. Remove from the oven and while they are still hot, transfer them onto a tea towel, wrap them up, and rub between your hands or against the kitchen counter. By rubbing them together, the skin will fall off. Roughly chop the hazelnuts and set aside.

WHITE BEAN CREAM

Make the white bean cream. In a blender or using an immersion blender, combine drained cooked white beans, water or vegetable stock, and olive oil until you get a smooth cream. Season to taste with salt and pepper, then set aside until needed.

GRILLED ASPARAGUS DRESSING

Make the grilled asparagus dressing. In a bowl, stir to combine two tablespoons of olive oil and freshly squeezed lemon juice. Season with salt and pepper to taste and set aside until needed.

GRILL THE ASPARAGUS

Clean the asparagus and chop off the woody ends. Place a grill pan over medium-high heat or preheat an outdoor grill. Drizzle the asparagus with one tablespoon of olive oil. Place the asparagus (without adding any additional oil) onto the hot grill. Grill for 1 minute on each side, turning them regularly using metal tongs. Grill for about 4 minutes total or until they are grilled evenly but still firm and crunchy.

SERVE

Transfer the grilled asparagus to a plate. Drizzle with the prepared dressing and serve with crunchy hazelnuts and prepared white bean cream.