



Grilled asparagus gratings

Ingredients:

16-20 stems of asparagus, about 500 grams

2 tablespoons of Sesame oil

1 tablespoon of soya sauce

1 garlic clove, chopped

2 tablespoons of Sesame seeds

Salt, pepper



Preparation: stems ends of asparagus are cut off, if necessary. 4-5 asparagus are put side by side and clipped together in 2 places by the help of wooden skewers forming like some sort of gratings. In a bowl, Sesame oil, soya sauce, garlic and Sesame seeds are mixed. The asparagus gratings are spread on both sides with the prepared mixture, sprinkled with salt and pepper. They are grilled on both sides, 4-5 minutes each side.