

BARBECUED ASPARAGUS WITH PISTACHIO AND LEMON DRESSING

INGREDIENTS

- 4 bunches (800g) asparagus, trimmed
- 2 tablespoons pistachio kernels, chopped

Lemon dressing

- 1/4 cup olive oil
- 1 lemon, juiced
- **2 teaspoons Dijon mustard**

METHOD

1. Make lemon dressing: Combine oil, 2 tablespoons of lemon juice and mustard in a small jug. Cover and set aside.
2. Preheat barbecue plate or chargrill on high heat. Cook asparagus, turning occasionally, for 4 minutes or until almost tender. Remove to a plate.
3. Drizzle dressing over asparagus. Sprinkle with pistachios. Serve.

Serves 8

	Per Serving (116g)	Per 100g
Energy	428	367
Protein	3.1	2.7
Fat – Total	8.7	7.5
- Saturated	1.2	1
Carbohydrate - Total	2	1.7
- Sugars	1.7	1.5
Sodium	12	11

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