

BARBECUED ASPARAGUS WITH ROAST CAPSICUM SALSA

Preparation Time

10 minutes

Cooking Time

15 minutes

INGREDIENTS

- 3 red capsicums, halved, seeded
- 2 ripe tomatoes, halved, seeded, finely chopped
- 1 small red onion, finely chopped
- 1/4 cup (45g) toasted pine nuts
- 2 tbs balsamic vinegar
- 2 tbs extra virgin olive oil
- 6 bunches asparagus (1.2kg), trimmed

METHOD

1. Preheat a grill on high. Cook capsicums, skin-side up, under grill for 8-10 minutes or until charred and blistered. Transfer to a heatproof bowl, cover with a plate or foil and set aside for 10 minutes (this helps lift the skin). Peel and finely chop flesh.
2. Combine the capsicum, tomato, onion, pine nuts, vinegar and half the oil in a bowl.
3. Drizzle the asparagus with remaining oil. Preheat a barbecue or char-grill on high. Add the asparagus and cook for 2-3 minutes or until bright green and tender crisp. Remove from heat. Reserve one-third of the asparagus (see note).
4. Place the remaining asparagus on a large serving platter and spoon over the capsicum salsa. Serve immediately.

Serves 12

	Per Serving (155g)	Per 100g
Energy	350	226
Protein	3.6	2.3
Fat – Total	5.8	3.8
- Saturated	0.6	0.4
Carbohydrate - Total	3	2
- Sugars	2.9	1.9
Sodium	4	2.6

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