



## Sautéed Ontario Asparagus with Savoury Miso Butter

*This asparagus is super on its own as a side dish or make it into a meal: spread some of the miso butter on sourdough toast, top with miso-buttered asparagus and a soft cooked egg.*

### Ingredients

- 1 bundle of Ontario asparagus
- 1 tsp canola oil
- 2 tsp butter
- 1 tsp white miso paste \*

### How to make

1. Wash asparagus well and trim or break off woody (tough) ends.
2. Heat a large pan over medium-high. Add asparagus and drizzle with canola oil. Sauté for approximately five minutes or until tender-crisp. Time will depend on the thickness of the asparagus stalks.
3. Meanwhile, in a small bowl, mix miso paste and butter until well combined. When the asparagus is cooked to your liking, add the miso butter to the pan and toss until all asparagus is coated. Enjoy!

\* White miso is slightly sweet and used to add a complex, savoury flavour to dishes. In this recipe, white miso's salty bite pairs perfectly with asparagus. Buy it in the refrigerated section at the grocery store -- likely in the health food section.