

Sautéed Asparagus & Rice

by Chef Sanaa Abourezk

Ingredients

- 1 cup basmati rice
- 1 lb fresh asparagus
- 1 ea chopped red bell pepper
- 1/2 cup chopped onion
- 1/4 cup diced carrot
- 1 clove mashed garlic
- 1/2 tsp freshly grated ginger
- 1/2 tsp turmeric
- 1/4 cup olive oil
- 2.5 cups water

Directions

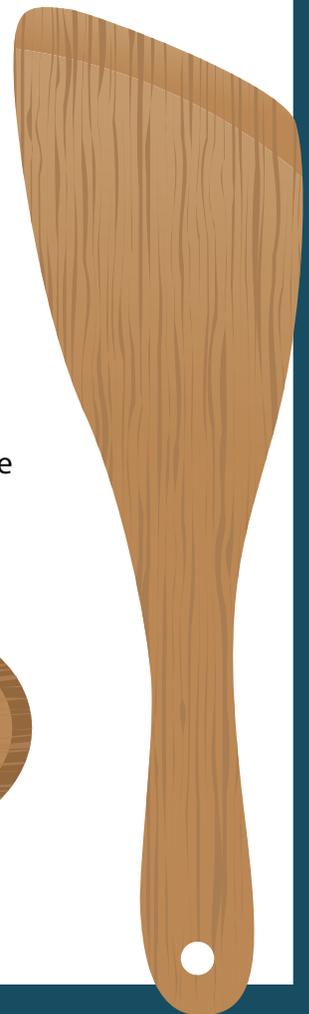
Cut the asparagus into 1-inch long pieces. Discard the tough ends. Heat the olive oil in a pot and sauté the asparagus for one minute, then remove the asparagus and set it aside. Add the onion, carrot, and red bell pepper to the pot and cook over medium heat for about 3–4 minutes. Add the turmeric, ginger, and garlic and stir until well mixed. Then, add the water and salt (to taste) to the vegetables. Bring to boil, add the rice, stir, and leave on low-heat to simmer for 20 minutes. To serve, spoon the cooked rice and vegetables into a bowl and top with asparagus.



Preparation time: 40 minutes
Recipe yields six servings

Did you know?

Sautéing is a fast method of cooking food that uses a small amount of oil over relatively high heat. In most cases, it browns the food while maintaining the texture and flavor.



Sanaa Abourezk is a gourmet chef, restaurateur, author, nutritionist, and blogger who is passionate about the art of cooking and teaching delicious recipes. She owns and operates “Sanaa’s”, a popular Middle Eastern restaurant in Sioux Falls. She has published three cookbooks and has appeared on the Beat Bobby Flay show on the Food Network. She hopes you enjoy this recipe!



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Pick it! Try it! Like it!

ASPARAGUS

Pick it!

Choose firm, closed stalks with green to purplish tips.

Stems should be smooth and even in color. Avoid dry stem ends and wilted spears.

Thick or thin stems are both acceptable, similar sizes cook more evenly.

Trim stems and stand stalks in a glass of 1-2 inches of water.

Cover with a plastic bag and use within 2-3 days.

Try it!

Add to salads, pasta dishes, and stir fry or eat cold with a dip.

Key to perfect asparagus is "cook it briefly".

Can be steamed, boiled, grilled, roasted or added to casseroles and salads.

Cook as soon as possible to avoid flavor and moisture decline.

Stems can be peeled or tough ends can also be broken off by holding each end and bending until the spear breaks in two pieces.

Tougher bottoms can be saved for soup or stock.



Green

- Most asparagus is green variety, green asparagus also grows wild
- Ranges from pencil-thin to very thick



White

- Sunlight-deprived stalks are a little milder and more delicate
- Mostly available canned in jars



Violet or Purple

- Very thick and substantial stalk
- Not common

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1 cup	basmati rice	1 clove	mashed garlic
1 lb	fresh asparagus	1/2 tsp	freshly grated ginger
1 ea	chopped red bell pepper	1/2 tsp	turmeric
		1/4 cup	olive oil
1/2 cup	chopped onion	2.5 cups	water
1/4 cup	diced carrot		

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Preparation time: 40 minutes

Recipe yields ix servings

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- Thick or thin stems are acceptable, similar sizes cook more evenly.
- Trim stems and stand stalks in a glass of 1-2 inches of water.
- Cover with a plastic bag and use within 2-3 days.

Try it!

- Add to salads, pasta, casseroles and stir fry or eat cold with a dip.
- Key to perfect asparagus is “cook it briefly”.
- Peel stems, steam, boil, grill, roast.
- Tough ends can also be broken off by holding each end and bending until the spear breaks in two pieces.



Find recipes & videos at [iGrow.org](https://www.IGrow.org)



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.
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