

# HONEY MUSTARD SEARED ASPARAGUS

There are two things that make me feel like spring has truly arrived. First, my mother is an avid gardener who grows award-winning daffodils (literally, there are daffodil shows, and she wins them) so seeing the first hint of daffodils peeking out of the soil is a true harbinger of spring for me. The second is asparagus's arrival at the farmers' market. Here, asparagus is the star of the show. The preparation of this dish is extremely simple, but you'll be wowed by how much the inclusion of honey and mustard bring forth this green veggie's delicious, woody flavor.

## INGREDIENTS

2 Tbsp olive oil  
1 shallot  
thinly sliced into rings or half rings  
¼ tsp sea salt  
1 bunch asparagus  
woody ends removed and trimmed into 1 inch pieces  
2 tsp dijon mustard  
1 Tbsp honey  
(substitute maple syrup for a vegan option)  
Freshly cracked black pepper to taste

## MEAL PREP STORAGE

Store in an airtight container in the refrigerator for 3-4 days. Reheat on the stove over medium-low heat or in the microwave for 1-2 minutes.

## PROCEDURE

1. Heat a large skillet over medium heat on the stove. Add the olive oil and heat it in the pan until it's hot and shimmering but not yet smoking (1 minute).
2. Add the shallot and salt to the pan and cook until the shallot is translucent (about 5 minutes). Stir in the asparagus and cook until it's bright green and starting to feel tender when you prod it with a fork (2-3 minutes).
3. Turn off the heat. While the pan is still hot, add the mustard and honey to the pan and stir until everything is evenly coated. Taste and adjust with additional salt to your preference. Serve with freshly cracked black pepper and enjoy.