

Roasted Asparagus with Garlic and Sage Butter



Ingredients

- 2 bunches of asparagus
- Olive oil
- Sea salt
- 3 tbsp vegan butter
- 1 garlic clove, sliced
- Handful of sage, finely chopped

Method

- Preheat oven to 180c
- Place asparagus on a prepared oven dish. Drizzle over some olive oil and salt - ensuring all of the asparagus is covered
- Place in the oven for between 5-10 minutes, or until asparagus is slightly browned - turning with tongs every few minutes - you don't want to over cook it.
- In a frypan, melt butter with garlic and sage on a low heat. Allow the butter to infuse the flavours from the garlic and sage for a few minutes. Once finished, discard garlic slices and sage.
- Plate up asparagus and drizzle garlic sage butter over the top

