

Easy Sautéed Asparagus and Mushrooms: Quick & Flavorful Side

Elevate your dinner plate with this incredibly vibrant and flavorful



TIME
1-2 min

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INGREDIENTS

1 pound asparagus, trimmed and cut into 2-inch pieces
8 ounces mushrooms, sliced (cremini or white button recommended)
2 tablespoons olive oil
2 cloves garlic, minced
1 tablespoon soy sauce
1 teaspoon lemon juice (freshly squeezed recommended)
Salt and pepper to taste

DIRECTIONS

1. Let's get this delicious : Sautéed Asparagus and Mushrooms cooking!
2. Prepare : Vegetables: Trim the woody ends from the 1 pound asparagus and cut the spears into 2-inch pieces. Slice the 8 ounces of mushrooms. Mince the 2 cloves garlic.
3. Heat : Skillet & Sauté Garlic: Heat 2 tablespoons of olive oil in a large skillet (a 12-inch skillet works well) over medium heat. Add the minced garlic and sauté for 1-2 minutes until it's fragrant, being careful not to burn it.
4. Add : Asparagus: Add the asparagus pieces to the skillet. Cook for 5 minutes, stirring occasionally, until the asparagus starts to become tender-crisp and bright green.
5. Add : Mushrooms: Add the sliced mushrooms to the skillet with the asparagus. Continue to cook for another 5 minutes, stirring occasionally, until both the asparagus and mushrooms are tender and the mushrooms have browned slightly.
6. Finish with : Sauce & Seasoning: Stir in the 1 tablespoon soy sauce and 1 teaspoon lemon juice. Season with salt and pepper to taste, stirring to combine. Cook for another minute to allow the flavors to meld.
7. Serve: Serve hot immediately and enjoy this flavorful vegetable side dish!

SWAPS & NOTES

Asparagus: Choose fresh, firm asparagus spears.
Cut into consistent 2-inch pieces for even cooking.

Mushrooms: Cremini (baby bellas) or white button mushrooms work well.

Slice them to a consistent thickness.

TIPS FOR SUCCESS

Hot Skillet: Ensure your skillet is hot enough to get a good sear on the vegetables without overcrowding.

Don't Overcrowd: Sauté in batches if your skillet isn't large enough.

Overcrowding can steam the vegetables instead of browning them.

Asparagus First: Asparagus takes slightly longer to cook than mushrooms, so adding it first ensures both vegetables are perfectly tender.

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