

Tasty Asparagus, Shiitake Mushroom & Grain Bowl

Combine springtime asparagus & scallions, with savory mushrooms and earthy quinoa for a flavor packed dinner, tasty side dish & delicious next day lunch. Serves 4

Simple Ingredients

- 3 tablespoons Villa Graziella Organic extra virgin olive oil +extra for drizzling.
- 1 tablespoon Villa Graziella Organic Balsamico Oro-Gold balsamic + extra for drizzling.
- 4 cups hot cooked quinoa. Fonio grain, farro or rice fine too.
- 8 ounces shiitake mushroom, rinsed, dried, stems removed.
- 1 pound-thicker stemmed asparagus washed; woody stems removed.
- 1 bunch fresh scallions, washed, dried-white stems separated from the greens.
- 2 fresh garlic cloves finely grated or minced.
- 2 cooked fresh eggs, if possible organic.
- ½ teaspoon red pepper flakes + extra for garnish.
- 2 teaspoons lightly toasted slivered almonds or pine nuts.
- 1 teaspoon sea salt
- 1 teaspoon fresh cracked pepper

Easy Directions

1. Thinly slice half the mushroom caps and set aside. Finely chop the remaining half.
2. Fill a bowl with ice water choose 6 thick asparagus spears. Using a vegetable peeler, peel off long ribbons from each stalk. Add ribbons to the ice water.
3. Cut remaining asparagus stalks and peeled spears into 1-inch pieces, set aside.
4. Finely chop scallion whites and set aside, the greens can be sliced for garnish *-optional-*
5. In a medium saucepan with a lid, heat 1 tablespoon olive oil on medium high heat, add the scallion whites, cook 2-3 minutes on medium heat until golden not brown.
6. Add the remaining 2 tablespoons of olive oil, stir in the chopped mushrooms, red pepper flakes, sea salt & pepper. Lower the heat and cook about 2-3 minutes. Then add the sliced mushrooms, stir, and cook until they soften about 5 minutes.
7. Increase the heat to medium, add 1 tablespoon of the vinegar and the asparagus pieces, stir to combine, cook until asparagus is crisp yet tender, about 3-5 minutes. Add a bit of water if the pan dries out. Cover & remove from the heat.
8. Place the cooked grains in a serving bowl or plate, layer the asparagus-mushroom mixture on top, followed by the eggs. Season to taste with vinegar, olive oil & seasonings.
9. Drain the asparagus ribbons, pat dry & add to the bowl, sprinkle red pepper flakes & toasted almonds.
10. Serve in individual bowls or plates & enjoy!

Helpful Hints

- Why shiitake mushrooms? Worth the splurge, this super ingredient adds umami, woody flavors, rich depth, and delicious complexity to any dish.
- Compost or use mushroom stems, asparagus ends & scallion greens for a broth with other leftover veggies.
- For added flavor, replace water with chicken or vegetable stock to cook quinoa or grains.
- Bring a pot of water to a rapid boil, gently lower the eggs in the pot, reduce heat, cover, and cook 7 ½ minutes. Immediately transfer eggs to a bowl of ice water, allow to rest for at least 10 minutes. When cool, peel eggs in the ice water or running water.