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## ROASTED LEMON-CHILE ASPARAGUS

*Serves 4 to 6* · Surprisingly, asparagus was one of the first vegetables my boys liked, so I have been serving it frequently, and with different flavor profiles, ever since. Ryan and I love the mild heat from the chiles that balances the acid from the lemon juice, but I usually sprinkle the flakes on our portions after serving the kids.

**4 tablespoons avocado oil**

**1 shallot, thinly sliced**

**Fine sea salt**

**1 pound asparagus, ends trimmed**

**Finely grated zest and juice of 1 lemon**

**4 cloves garlic, minced**

**2 small dried red chiles, crushed into small flakes, or ½ teaspoon red pepper flakes**

Preheat the oven to 425°F.

Heat 2 tablespoons of the oil in a cast-iron skillet over medium-high heat. Add the shallot and a pinch of salt and panfry for about 30 seconds, until the slices are browned and crisp. Transfer the shallots to a plate with a slotted spoon and wipe out the pan with a paper towel.

Toss the asparagus in the pan with the remaining 2 tablespoons oil, 1 tablespoon lemon juice, the garlic, and ½ teaspoon salt. Place the skillet in the oven and roast the asparagus until just cooked through but still crisp-tender at the center, 5 to 7 minutes.

Arrange the asparagus on a platter. In a small bowl, mix together the shallot, crushed chiles, and lemon zest and sprinkle the mixture over the asparagus. Serve immediately.

***Make It Ahead:* Store the asparagus and shallot separately, in airtight containers in the refrigerator, for 2 days. Reheat on a baking sheet in a 400°F oven for 3 to 5 minutes, until heated through.**

