



Published on *Kitchen Gardeners International* (<http://kgi.org>)

[Home](#) > Asparagus with Dijon and Sesame seeds

---

## Asparagus with Dijon and Sesame seeds

Sat, 04/23/2011 - 08:38 -- spirit2sole

Introduction:

This is great served hot or let cool to room temp. I always make a double recipe, the left overs are great the next day too.

Preparation:

Whisk together the soy sauce, mustard, sesame oil and vinegar in a small bowl. Steam the asparagus just until tender, about 5 minutes. Drain the excess water. Toss with the soy sauce mixture. Sprinkle with sesame seeds. Serve hot or let cool to room temp.

Crops:

[asparagus](#) [1]

Recipe Type:

[side dishes](#) [2]

Ingredients:

- 2 tbsp soy sauce
- 2 tsp dijon mustard
- 2 tsp sesame oil
- 2 tsp white wine vinegar
- 12-14 stalks of asparagus
- 2 tbsp toasted sesame seeds

Group content visibility:

Use group defaults

---

**Source URL:** <http://kgi.org/recipes/asparagus-dijon-and-sesame-seeds>

**Links:**

[1] <http://kgi.org/crops/asparagus>

[2] <http://kgi.org/recipe-type/side-dishes>