

Mediterranean Spring Vegetables Fiddleheads, Kale, Dandelion Greens & Asparagus in Za'atar

Ingredients

1/4 Cup water
1 Bunch asparagus
Ice
Tea towel
1 Handful tender dandelions greens, trimmed
10-12 Fiddleheads
1 Cup kale, torn
3-4 Garlic cloves, sliced
1/2 Shallot, sliced
2-3 Tablespoons Extra Virgin olive oil
1/2 Lemon
2 Teaspoons fresh rosemary, chopped
1 Teaspoon fresh oregano, chopped
2 Teaspoons Za'atar
Flaky salt (mine has shallots)

Directions

- Make sure all vegetables are clean.
- Snap off bottoms of asparagus.
- Heat 1/4 cup water in large sauté pan.
- Drop asparagus in water and cook for 3-4 minutes.
- While asparagus is cooking prepare an ice bath by filling a bowl with ice and water.
- Blanch asparagus by immersing it in the ice bath to stop the cooking.
- Dry asparagus by placing in a clean tea towel.
- Heat oil in a large sauté pan. Add garlic and shallots and sauté for 2-3 minutes. Add fiddleheads, dandelion greens and kale and sauté for 2 minutes. Turn off heat.
- Toss asparagus in pan with vegetables. Squeeze juice of lemon over vegetables. Sprinkle Za'atar and toss vegetables.
- Transfer to a serving tray. Sprinkle a dash of additional Za'atar on top and finish with a few sprinkles of flaky salt.