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Asparagus with Anchovies & Garlic

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Ingredients

- 4 teaspoon oil, olive, extra virgin
- 4 tablespoon garlic, minced
- 1/4 teaspoon pepper, red, crushed
- 2 bunch(es) asparagus, tough ends trimmed, cut into 1-inch pieces
- 1 tablespoon water
- 2 teaspoon anchovy paste, or 1 anchovy fillet, minced

Preparation

1. Heat oil in a large skillet over medium-high heat. Add garlic and crushed red pepper and cook, stirring constantly, until the garlic is fragrant, 30 seconds to 1 minute.
2. Add asparagus, water and anchovy; cook, stirring often, until the asparagus is tender-crisp, 5 to 6 minutes.