

Zesty asparagus

(Serves 4)

Promote production of acetate and reduce production of beta-glucuronidase with this recipe rich in inulin.



Ingredients:

- 400g asparagus, trimmed
- 1 cup balsamic vinegar
- 1 tsp grated lemon zest
- ¼ cup chopped parsley
- ½ tsp salt
- ½ tsp pepper

Method:

1. Over high heat, bring a large pot of salted water to a boil.
2. Blanch asparagus for 1 minute, until it is just slightly tender.
3. Use a pair of tongs to transfer the asparagus into chilled water.
4. Drain the asparagus and place into a shallow dish.
5. Pour over the balsamic vinegar and refrigerate for at least 4 hours, stirring occasionally.
6. Drain asparagus, keeping some vinaigrette to the side.
7. Arrange asparagus on a platter and top with lemon zest, parsley, salt, and pepper. Serve with the vinaigrette on the side.