



## **ASPARAGUS WITH GARLIC, EGG AND HOT SAUCE-YOGURT**

*Start to finish: 10 minutes*

*Serves: 1*

### **INGREDIENTS:**

- 4 ounces plain yogurt
- 2 tablespoons of your favorite hot sauce
- 1 pound asparagus, fibrous stems removed, rinsed
- 4 tablespoons olive oil
- Salt, to taste
- Pepper, to taste
- 4 cloves garlic, shaved thin
- 1 chicken egg OR 4 quail eggs
- 1 small bunch cilantro, chopped

### **DIRECTIONS:**

Mix the yogurt and hot sauce together in a small bowl. Set aside or place in refrigerator.

In a medium sauté pan over medium-high heat, add the olive oil and garlic. Cook until fragrant, about 2 minutes. Be careful not to burn the garlic! Add the asparagus and sauté on high heat. Add the salt and pepper. Remove the asparagus and garlic bits. Add the eggs to the same pan and fry to desired doneness.

To serve, drizzle the hot sauce-yogurt mixture on the plate and place the asparagus on top. Top the dish off with the egg and garnish with cilantro.