



# Grilled Asparagus & Delmonico steak



4 servings



15 minutes



## Asparagus

### Ingredients

- 1 pound fresh asparagus spears, trimmed
- 1 tablespoon olive oil
- minced garlic
- salt and pepper to taste

### Instructions:

- Preheat grill for high heat.
- Lightly coat the asparagus spears with olive oil. Season with minced garlic, salt and pepper to taste.
- Grill over high heat for 2 to 3 minutes, or to desired tenderness.

### Notes:

- This is so easy and delicious. Absolute best way to enjoy fresh asparagus. yummy 😊
- \*\*Remember the meat continues to cook when resting, so don't over cook on the grill

## Delmonico steaks

### Ingredients

- ZF3 dry aged Black Angus Delmonico steaks
- Garlic minced
- Salt and pepper to taste
- Herb butter (just butter with fresh herbs mixed in) optional
- garnish with fresh rosemary and thyme

### Instructions:

- Preheat grill for high heat, lightly oil grates
- Place the steak directly on the grill grates, close the lid, and cook the steaks until they are beginning to firm. Cook until the internal temperature reaches 130°F for medium rare, 4-5 minutes per side
- 5 to 7 minutes per side internal temperature reaches 140 degrees F for medium.
- Remove the steak from the grill, cover, and let rest for 5 minutes before slicing against the grain. Enjoy!\*\*