



Grilled Asparagus Flatbreads

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 naan flat breads
- 8 oz asparagus, trimmed
- 2 ¾ tablespoon [Roasted Garlic oil](#) (divided) *
- 1 teaspoon [Lemon Vinegar](#) *
- ½ teaspoon black pepper
- ½ teaspoon kosher salt, divided
- 2/3 cup whole milk, creamy ricotta cheese
- 1 teaspoon grated lemon zest
- ½ - 1 cup baby arugula or arugula microgreens
- 1-1 ½ tablespoons Runamok [Chili de Arbol Honey](#) or [Marquen Maple Syrup](#) *
- 2 tablespoons shaved ricotta salata or feta cheese
- 2 tablespoons roasted, salted pistachios, roughly chopped

Preparation

Preheat a grill to medium high (450F). Place a grill pan on the grill.

In a bowl toss the asparagus with 1 tablespoon of oil and ¼ teaspoon each of salt and pepper. Lay the asparagus in the grill pan (keep the bowl and any remaining oil). Grill the asparagus uncovered, turning often for 3 minutes or until lightly charred. Move to a chopping board and let cool slightly, then chop into 2-inch pieces

In a small bowl, combine the ricotta cheese, grated lemon zest and remaining ¼ teaspoon of salt and pepper.

Use ¾ tablespoon of oil to lightly brush both sides of each of the naans. Then place directly on the grill and cook uncovered for 1-2 minutes on each side until charred. Remove to a platter.

Spread the ricotta mixture over the grilled naan leaving about a ½ inch border from the edge of the naan. Top the naan bread with the chopped asparagus.

In the bowl that the asparagus was in, add the remaining 1 tablespoon of oil, the lemon vinegar, salt and pepper to taste. Add the arugula/microgreens and toss gently. Spread the dressed arugula over the naan bread pizzas.

Drizzle with the chile de arbol honey or Marquen maple syrup, shaved ricotta salata and chopped pistachio nuts.

Serves 2

Active time: 20 minutes, Total time: 20 minutes

Notes

* The [Roasted Garlic Oil](#) is a nice high temperature cooking oil that stands up to the heat of the grill while adding nice garlicky flavor. The [Lemon Vinegar](#) adds nice tang to the arugula topping, and the sweet and spicy **Chili de Arbol Honey** or **Marquen Maple Syrup** adds an unexpected burst of flavor. Any spicy honey can be used or forego the spice and just use a nice local honey instead.

All highlighted products are available at [Oil & Vinegar](#).

Categories: Entrée, Snacks & Side, Easy Entertaining, Quick Lunch, Plant Based, Vegetarian, Flatbread Pizza, Veggie Toppings, Grill Party, Grilled Pizza, Ricotta Cheese, Roasted Garlic Oil, Lemon Vinegar, Chili De Arbol Honey, Marquen Maple Syrup, Runamok, Naan bread