

# Lamb and Asparagus

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*Lamb dinner in 30 minutes? No need to stew or roast a full loin for hours while you wait -- here, boneless lamb is cut into pieces for a quick-cooking recipe. Asparagus, garlic, and wine make for an effortless, delicious meal.*

## Ingredients:

2 tablespoons olive oil  
1 red onion, chopped  
3 garlic cloves, crushed  
1 ½ pound boneless lamb, cubed  
1 cup dry white wine  
3 cups chopped asparagus  
½ teaspoon salt  
¼ teaspoon black pepper

## Directions:

1. Heat olive oil in heavy skillet over medium heat. Add onion and garlic and cook until softened, 2 minutes, stirring. Add lamb and cook until no longer pink, 3 to 5 minutes, stirring.
2. Add wine to skillet, bring to a boil over high, then reduce to a low simmer. Cover and cook until lamb is cooked through and tender, 15 to 20 minutes.
3. Add asparagus to skillet, cover and cook until softened, 2 to 4 minutes. Season with salt and pepper and serve.