

Baked Salmon with Asparagus - Simple Yet Stunning

Prep & Cook Time:

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 4

Ingredients:

? 4 salmon fillets (6 oz each), skin-on or skinless

? 1 lb fresh asparagus, trimmed

? 2 tbsp olive oil (divided)

? 1 lemon (zest and wedges)

? 3 garlic cloves, minced

? 1 tsp dried thyme or 1 tbsp fresh thyme

? Salt and freshly ground black pepper, to taste

? Optional:

? 1 tbsp unsalted butter, melted

? 1 tsp Dijon mustard

? ½ tsp smoked paprika

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment or foil and brush lightly with olive oil.
2. Pat salmon dry with paper towels. Season both sides with salt, pepper, garlic, and thyme?or brush with a glaze of olive oil, Dijon, lemon zest, and paprika.
3. Toss asparagus with 1 tbsp olive oil, salt, and pepper.
4. Arrange salmon and asparagus on the tray in a single layer, leaving space between fillets.
5. Bake for 12?15 minutes, or until salmon flakes easily and reaches 125?130°F internally. Asparagus should be tender with slight char at the tips.
6. Garnish with fresh parsley, lemon zest, or herb butter. Serve immediately.

Notes:

? For foil-pocket or parchment variations, seal salmon and asparagus together before baking.

? To make dairy-free: omit butter.

? Great with wild rice, couscous, or mashed potatoes.

? Store leftovers in an airtight container for up to 2 days. Reheat gently to avoid drying.