

SALMON AND ASPARAGUS BAKE

Sheet pan salmon and asparagus with a lemon-garlic-herb butter



INSTRUCTIONS

1. Prep

Preheat the oven to 450°F, with the oven rack in the top third. Line a large rimmed baking sheet with parchment paper, trimming it to just fit the pan so it doesn't hang over the edges (this keeps it from charring under the broiler).

2. Arrange the salmon and asparagus

- 2 lbs salmon fillet, cut into six 6 oz portions
- 2 lbs asparagus, fibrous ends removed
- 1 tbsp avocado oil
- Salt and black pepper, to taste

Place the salmon fillets in a row down the center of the lined baking sheet. Arrange the asparagus on the sides. Drizzle the asparagus with avocado oil and toss to coat. Season both the salmon and asparagus with salt and pepper.

3. Make the flavored butter

- 6 tbsp unsalted butter, softened
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest (optional)
- 2 garlic cloves, pressed or minced
- 2 tbsp fresh parsley or dill, finely chopped
- 1 tsp salt
- 1/4 tsp black pepper

In a medium bowl, mash together all the flavored butter ingredients with a fork until fully combined. This takes a couple minutes of mashing, but it comes together. Spread about 3/4 of the butter over the salmon, and dab the rest over the asparagus.

4. Finish and bake

- 1 small lemon, sliced into rings

Top each salmon fillet with a slice of lemon. Bake uncovered at 450°F for 10-12 minutes (thinner fillets take closer to 10, thicker ones closer to 12). Switch the oven to broil and bake for another 2-3 minutes for a golden top. The salmon is done when it's flaky and reaches an internal temperature of 145°F.

NUTRITION (per serving, makes about 6 servings)

- Calories: 374
- Total Fat: 24g
- Total Carbs: 8g
- Fiber: 4g
- Net Carbs: 4g
- Protein: 34g

STORAGE

Keep in an airtight container in the fridge for up to 3 days.