



Garlic Lemon Salmon with Roasted Asparagus

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 12-15 MIN

Ingredients

- 2 salmon fillets (5 oz / 140g each)
- 1 bunch of asparagus (trimmed, ~16 spears)
- 2 tbsp olive oil (divided)
- 2 cloves garlic, minced
- ½ lemon (zested + juiced)
- Salt and black pepper, to taste
- **Optional:** red pepper flakes, fresh dill or parsley for garnish

Optional Add-ons:

- Serve with brown rice, quinoa, or mashed cauliflower if you want to boost carbs or fiber.
- Add a dollop of Greek yogurt + lemon zest on the side for a creamy sauce alternative.

Directions

1. **Preheat oven** to 400°F (200°C). Line a baking sheet with parchment paper or foil.
2. **Season salmon fillets** with salt, pepper, lemon zest, and half the minced garlic. Drizzle with 1 tbsp olive oil and a bit of lemon juice.
3. **Toss asparagus** with remaining olive oil, minced garlic, salt, and pepper.
4. **Arrange** salmon and asparagus on the baking sheet in a single layer. Place lemon slices on top of the salmon if desired.
5. **Bake** for 12-15 minutes, or until the salmon flakes easily with a fork and the asparagus is tender-crisp.
6. **Serve hot**, garnished with fresh parsley or dill and extra lemon juice.

Nutrition Highlights (approximate):

- Calories ~ 400 Kcal
- Protein ~ 35g
- Fiber ~ 3g