

One Pan Butter Salmon and Asparagus

A delicious and nutritious meal ready in under 15 minutes. Salmon is high in omega 3, which has been shown to play an important role in improving mood and protecting the brain against cognitive decline.

This recipe makes ONE serving, but can be doubled, tripled or even quadrupled to make many meals in bulk. Store it in an airtight container in the fridge for up to 3 days, and reheat in a microwave until piping hot.

INGREDIENTS

1 medium salmon fillet
1/4 tsp salt
A pinch of black pepper
1/2 tsp olive oil
1 clove of garlic, minced
60ml low sodium vegetable stock
1 tbsp butter
20ml lemon juice
Chopped parsley
1 bunch of asparagus - washed and trimmed.
1/4 tsp chilli flakes
Slices of lemon to garnish.

METHOD

1. Season the salmon with salt and pepper.
2. Add the olive oil to a pan over medium heat. Gently cook salmon on both sides until golden brown.
3. Remove the salmon from the pan and set it aside on a plate.
4. In the same pan, over medium heat add the minced garlic and vegetable stock. Bring to a simmer.
5. Add the butter, lemon juice and parsley to the pan. Mix well to ensure the butter is melted and evenly combined.
6. Add the asparagus to the pan and toss for 2 minutes to cook.
7. Add the salmon back to the pan to re heat for another minute.
8. Serve the garlic butter, salmon and lemon asparagus with chilli flakes and lemon slices.