

## ***Baked Salmon with Asparagus***

### *Ingredients:*

- 2 fresh salmon fillets (approximately 150g each)
- 1 bunch of fresh asparagus
- 2 tablespoons of extra virgin olive oil
- 2 cloves garlic, minced
- 1 lemon, thinly sliced
- Salt and black pepper to taste
- Chopped fresh parsley (optional, for garnish)

### *Instructions:*

1. Preheat oven to 200°C (400°F).
2. Wash the asparagus and cut off the woody ends. If the asparagus is thick, you can lightly peel the bottom with a vegetable peeler to make it more tender.
3. Place the asparagus on a baking sheet and drizzle with a tablespoon of olive oil. Sprinkle the minced garlic over the asparagus and season with salt and pepper to taste. Toss well to coat the asparagus with the oil and spices.
4. Place the salmon fillets on the same baking sheet next to the asparagus. Drizzle the salmon with the remaining tablespoon of olive oil and season with salt and pepper to taste.
5. Arrange the lemon slices on top of the salmon fillets.
6. Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the asparagus is tender but crisp.
7. Remove from the oven and serve the baked salmon with the asparagus immediately. Optionally, you can sprinkle some chopped fresh parsley over the dish before serving for a touch of freshness.

This baked salmon with asparagus dish is a healthy and delicious option that is packed with omega-3 fatty acids, which are beneficial for cardiovascular health. I hope you enjoy it!



w