






Pan-Seared Salmon with Lemon-Herb Asparagus

A light and flavorful dish, perfect for a healthy weeknight dinner. This recipe combines crispy-skinned salmon with tender, zesty asparagus, all ready in under 30 minutes, highlighting fresh ingredients and simple cooking techniques.

 15 min Prep

 20 min Cook

 4 servings

Ingredients

- ☐ 4 (6 oz) salmon fillets, skin on or off
- ☐ 1 tbsp olive oil
- ☐ 1 lb asparagus, trimmed
- ☐ 2 cloves garlic, minced
- ☐ 1 lemon, half thinly sliced, half for juice
- ☐ 2 tbsp fresh dill, chopped (or other herbs like parsley)
- ☐ Salt and freshly ground black pepper to taste
- ☐ Optional: 1 tbsp butter for finishing

Instructions

- Pat salmon fillets dry with paper towels. Season both sides generously with salt and pepper.
- Heat olive oil in a large non-stick skillet over medium-high heat. Once shimmering, add salmon skin-side down (if applicable).
- Cook for 4-5 minutes until the skin is crispy and golden. Flip the salmon and cook for another 3-5 minutes, or until cooked through to your desired doneness (internal temperature of 145°F/63°C). Transfer salmon to a plate and set aside.
- Add asparagus and minced garlic to the same skillet. Sauté for 3-5 minutes until tender-crisp. Squeeze fresh lemon juice over the asparagus and toss to combine. Stir in fresh dill.
- Serve the pan-seared salmon immediately with the lemon-herb asparagus. Garnish with lemon slices if desired. Enjoy your delicious and healthy meal!

Nutrition Information

Nutrient	Amount
Calories	380 kcal
Protein	45 g
Fat	20 g
Carbohydrates	8 g
Fiber	3 g
Sugar	2 g
Sodium	420 mg

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