Dinner

Baked Salmon and Asparagus Parcels

Sockeye salmon and asparagus steam together inside sealed parchment parcels, then each portion is opened and finished with a bright parsley, garlic, and lemon topping.



Gluten free | Nut free

25 min	180	5 g	2 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 spray, 0.25 grams nonstick cooking spray
- [ ] 8 oz sockeye salmon (skin-on, cut into 2 portions)
- [ ] 1 med shallots (thinly sliced)
- [ ] 1/8 tsp black pepper
- [ ] 8 spears asparagus (trimmed and cut into 1-inch pieces)
- [ ] 1/4 cup fresh parsley
- [ ] 1/2 clove garlic
- [ ] 3/4 tsp lemon zest

Method

- [ ] 1 Heat the oven to 425°F.
- [ ] 2 Fold a 15 x 10 inch sheet of parchment in half into a 7.5 x 10 inch rectangle, cut from the fold into a half heart shape, open it, and coat it with nonstick cooking spray. Make a second heart the same way.
- [ ] 3 Place one portion of sockeye salmon skin side down in the middle of half of each parchment heart, then top each portion with half of the shallots, black pepper, and asparagus.
- [ ] 4 Fold the empty half of each heart over the fish and asparagus, then seal each parcel with small folds along the curved edge, working from the top down to the point, and twist the point closed.
- [ ] 5 Set the sealed parcels on a baking sheet and bake for 10 minutes.
- [ ] 6 Meanwhile, finely chop the fresh parsley and garlic together, then chop in the lemon zest until well blended to make the gremolata.
- [ ] 7 Take the parcels out of the oven and let them stand for 3 minutes.
- [ ] 8 Carefully cut an X in the center of each parcel to release the steam, then check that the sockeye salmon flakes easily with a fork.
- [ ] 9 If the fish needs more time, close the parcels again and return them to the oven for 1 to 2 minutes.
- [ ] 10 Move each parcel to a plate, open it the rest of the way, and sprinkle the top with 2 teaspoons of the gremolata.

Nutrition Facts

Per serving

Calories	180
Total fat	6 g
Saturated fat	1 g
Sodium	95 mg
Total carbs	5 g
Fiber	2 g
Total sugars	2 g
Protein	28 g

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