

# Salmon fillet with griddled asparagus

Mums: Main Meals

Preparation Time: 10 Minutes    Cooking Time: 20-25 Minutes    Serves: 2 adult portions

## What you need

- 2x 200g / 8oz salmon fillets
- 25g / 1oz unsalted butter
- 1 bunch asparagus, woody ends trimmed
- Olive oil
- Juice of 1 lemon
- Sea salt and pepper

## What to do

- Preheat oven to 180°C, 350°F, Gas 4.
- Divide the butter between the salmon fillets and rub over the surface, before seasoning with sea salt and pepper.
- Place the fish, skin side down, on a griddle or frying pan over a medium heat, and cook for 1 - 2 minutes until the skin is just beginning to char, then transfer to the oven for a further 8 minutes.
- Place the asparagus in a shallow bowl with a couple of tablespoons of water, cover with clingfilm, and zap in the microwave (on high) for six minutes.
- Alternatively you can cook it in boiling or salted water until tender, or steam if preferred.
- Remove from the water and season with salt, drizzle with olive oil and lemon juice, and leave for 5 minutes to marinate.
- When the fish is cooked, transfer to plates, and quickly griddle the asparagus over a high flame until just blackened.
- Drizzle over the remains of the marinade and serve.