



Posted on 9 September 2013

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Healthy Salmon Dinner



Ingredients

1 salmon fillet
A handful of asparagus stalks
1 large potato

Preparation

- 1 Preheat the oven to 220 degrees Celsius.
- 2 Pierce the potato with a fork, cut it in half and microwave for 6 minutes.
- 3 Slice the potato and line it up in an ovenproof dish.
- 4 Season with salt and spices of your choice and drizzle with olive oil. Bake for 30 min.
- 5 Once the potato has baked for 15 minutes heat a non-stick skillet up.
- 6 Place the fish skin side down on the skillet and fry on each side for 5-7 minutes.
- 7 Remove the fish and add the asparagus to the same skillet. Stir fry them for 5 minutes.
- 8 Arrange the asparagus on a plate and place the salmon on top. Serve with potatoes.

Cooks Note

Serves: 1
Choose an oily piece of fish!!
