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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!!