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## Roast Salmon, Asparagus & Saffron Cream Sauce



## Ingredients

1 shallot  
100g asparagus spears  
1 lemon  
Olive oil  
Salt and freshly milled black pepper  
2 salmon fillets  
25g butter  
Half a teaspoon of Dijon mustard  
A pinch of saffron  
175ml double cream  
A handful of fresh chives

**Servings**  
2  
Person

## Preparation

- 1 Preheat the oven to 200 degrees, 180 degrees fan oven.
- 2 Peel and chop the shallot very finely. Squeeze the juice from the lemon into a small bowl. Prepare the asparagus by trimming off any woody ends.
- 3 Line a small roasting pan with tinfoil for the salmon, and line a small oven tray for the asparagus. Warm the prepared trays in the oven whilst the fish is pan frying.
- 4 Pat the salmon fillets dry with kitchen paper and heat 1-2 tablespoons of olive oil in a frying pan. Place the salmon, skin side down, into the hot pan and cook for 2 minutes. Turn carefully then cook the other side for 2 minutes.
- 5 Using a fish slice, transfer the salmon to the lined roasting pan, skin side down, drizzle with a little olive oil and a grinding of black pepper then bake for 7-8 minutes. [Cooking time will depend on the thickness of the fillets, it should be opaque and flake easily when cooked.]
- 6 Place the asparagus on the other tray, drizzle with olive oil and roll to coat them well.

Season with a little salt and black pepper and roast in the oven for 7-8 minutes

- 7 thin stems will not take so long, so take care not to allow them to dry out.
- 8 Meanwhile, make the sauce. Melt the butter, cut into pieces, in a small saucepan then gently sauté the chopped shallot for 3-4 minutes to soften it. Next stir in the mustard, 2 tablespoons of lemon juice and the double cream before adding the saffron. Simmer gently for another 3 minutes, stirring as it cooks. Stir in chives, finely chopped, just before serving, reserving a few for garnish.
- 9 Divide the asparagus spears between two warmed plates and sprinkle with a little of the remaining lemon juice. Lift the salmon fillets on top of the asparagus. Spoon the sauce beside the salmon and asparagus and finish with a few chopped chives.

### **Cooks Note**

The delicate creamy flavour of the saffron sauce in this dish really complements the simply roasted salmon fillet seated on spears of succulent asparagus.

Serve with a dish of baby new potatoes.

Serves 2

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