Posted on 22 March 2017

by Liz Robb

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