

BALANCE

SALMON AND ASPARAGUS

Ingredients (For 4 people)

- 460 g asparagus
- 400 g salmon fillet
- 4 tbsp olive oil
- 2 cloves garlic
- 1 lemon
- 1 small bunch of parsley
- Salt, pepper

Preparation:

Preheat the oven to 200 °C.

Cut out 4 pieces of aluminium foil and place them on a baking sheet.

Wash the asparagus and place them in equal quantity on each piece of aluminium foil.

Peel and chop the clove of garlic. In a bowl, mix the garlic, the olive oil, the salt and the pepper.

Baste the asparagus with half of the mixture. Cut the fish filets into 4 pieces and place on top of the asparagus. Baste with the rest of the mixture.

Cut the lemon into thin slices and place on each filet.

Wash and chop the parsley and sprinkle over the filets. Close the foil packets to completely wrap all the ingredients.

Bake in the oven for about 25 to 30 minutes.

For a full meal, add potatoes, cereals or pulses as a side dish. This dish goes well with rosemary sweet potatoes or a barley risotto with curry.

