

Salmon with asparagus and lemon

COOKING
LOVERS TESA



Consejo del chef

Serve in the skillet and garnish it with parsley and some lemon slices to make it bright on the table.

Raciones para 1

1 Fresh salmon fillet
1 Bunch of asparagus
Extra virgin olive oil
3 Cloves of garlic
100 ml White wine
Lemon juice
Fresh parsley
1 Chilli pepper
Salt
Pepper

- 1 Cut salmon fillet in half, add salt and pepper.
- 2 Wash asparagus and remove the hardest part.
- 3 Boil in water for two or three minutes. If we have bought thin asparagus, there is no need to boil them.
- 4 Drain and cool with ice and water to stop the cooking process.
- 5 Heat olive oil in a skillet and cook salmon fillets until golden brown. Set aside.
- 6 Add chopped garlic and parsley to the same skillet and fry.
- 7 In the same skillet, pour white wine, chili pepper, and lemon juice. Boil for two minutes and add asparagus.
- 8 Then, place the salmon again in the skillet and heat for one minute.
- 9 Remove from heat and serve immediately.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/salmon-plancha-esparragos-limon/>

