



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/>

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