

Baked Salmon & Asparagus with Jersey Royal's



Tasty and so easy to make, great dinner party dish or a cracking family treat, and a healthy dish too especially if like me you have an Asparagus Bed or two!.



Prep Time: 10 mins
Cook Time: 50-60 mins



Skill level: Easy



Servings: 4/6

Ingredients

- Cold Pressed Rapeseed or Olive Oil for cooking
- 600g Jersey Royal potatoes or Charlotte Potatoes, washed but don't peel them!
- 150g oak smoked lardons or smoked streaky bacon
- 250g asparagus spears
- 1kg skinned boned salmon fillet
- Zest and juice of 1 lemon
- 4 cloves sliced garlic
- 1 red onion sliced
- Splash of sherry vinegar or white wine vinegar
- Handful fresh mint leaves to serve
- Shop bought mayonnaise
- Handful of mixed herbs

Directions

1. Pre heat oven to 200C/400F/gas 6
2. Add a splash of oil to a large roasting tray, coat the potatoes with the oil, season and cook in the preheated oven for 15 minutes or until starting to colour
3. Add the lardons and cook for a further 5 minutes.
4. To prepare the asparagus, cut off the woody ends and peel off any woody lower pieces from the sides of the spears.
5. Brush the salmon with oil, season and grate over the lemon zest.



6. Remove the tray from the oven and stir the red onion into the potatoes and cook for a further 5 mins, then add the garlic to the pan.
7. Push the mixed ingredients to the edges of the tray to create space to lay in the salmon fillet.
8. Lay the asparagus spears in the space to create a trivet to sit the salmon on.
9. Lay the salmon with the skinned side down on the asparagus.
10. Drizzle over a splash of vinegar and cook in the hot oven for 15 minutes until the salmon is just cooked.
11. To test pierce the fish with a cocktail stick, if it just goes into the fish and the flesh is firm it is ready.
12. Remove from oven and plate up or place on a large serving platter with the salmon in the middle and vegetables around.
13. Squeeze over lemon juice, sprinkle with mint and serve with spruced up mayonnaise with the chopped fresh herbs.