

PERFECT PAN-SEARED SALMON WITH ROASTED ASPARAGUS

Serves: 2-4

Total time: 30 minutes

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Ingredients

For the Salmon:

- 2-4 Salmon fillets
- Avocado oil
- Salt & pepper
- Lemon slices, optional

For the Asparagus:

- 1-2 pounds of asparagus
- Olive oil
- Salt & pepper



Directions

1. Preheat the oven to 425 degrees. Line a baking sheet with foil.
2. Snap or cut off tough ends of the asparagus and place on the baking sheet. Drizzle with olive oil and season with salt and pepper to taste.
3. Roast the asparagus for 15-20 minutes or until tender and crisp. Toss halfway through.
4. While the asparagus roasts, heat cast iron skillet or other skillet with avocado oil over medium-high heat. Once the oil is hot, place salmon skin side down, seasoned with salt and pepper, cover with a splatter screen and cook for 1-2 minutes. Once the skin is crisp, use tongs to flip salmon over, easily remove the skins from the salmon, and trash. Season this side with salt and pepper.
5. Cook salmon for 3-4 minutes then flip and cook another 3-4 minutes until the temperature is 145 degrees or the salmon flakes easily with a fork.
6. Serve with slices of lemon.