

Baked Salmon & Asparagus



30 min.



3 servings



PER SERVING
593 CAL
FAT: 49g
CARB: 4g
PROTEIN: 35g

30

INGREDIENTS

- 15 oz Sockeye Salmon
- 12 medium Asparagus spears,
192g or $\frac{2}{5}$ lb
- 3 tbsp Olive Oil
- 3 large Egg Yolks
- 1 pinch Cayenne Pepper
- $\frac{3}{4}$ tbsp Lemon Juice
- 6 tbsp Ghee, melted
- Salt and Pepper

DIRECTIONS

1. Preheat the oven to 400°F. Clean the asparagus and snip off the woody ends. Arrange them on a baking sheet and toss with half of the oil. Season with salt and pepper.
2. Place the salmon on another baking sheet and drizzle with the remaining oil. Season with salt and black pepper and set in the oven, along with the asparagus, for 20-25 minutes.
3. While the fish and asparagus are baking, make the Hollandaise sauce by beating the egg yolks, lemon juice, salt, and cayenne pepper together in a microwave-safe bowl until smooth. Slowly stream melted ghee into the egg yolk mixture while whisking to incorporate. Heat in microwave for 15 to 20 seconds; whisk.
4. When done, place the asparagus and salmon on a serving plate and top with the Hollandaise sauce. Serve immediately.



EAT THIS MUCH