

Foodnity Recipes

Baked Salmon in Foil Packs with Asparagus

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6 oz each)
- [ ] 1 lb asparagus, trimmed
- [ ] 1 lemon, thinly sliced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp fresh dill, chopped
- [ ] 1 tsp fresh parsley, chopped
- [ ] Salt and black pepper to taste

Optional Garnish

- [ ] Lemon wedges
- [ ] Extra fresh herbs

Instructions

1. Preheat the oven to 400°F (200°C). While it warms, line a baking sheet with parchment.
2. Place a sheet of foil on the parchment; arrange a salmon fillet in the center, drizzle with ½ tbsp olive oil, season with salt, pepper, and half the herbs.
3. Lay asparagus spears alongside the fish, drizzle with remaining olive oil, and top with lemon slices and the rest of the herbs.
4. Fold the foil over the salmon and asparagus, sealing the edges tightly to create a packet. Repeat for remaining portions.
5. Bake the packets for 12-15 minutes, until the salmon flakes easily with a fork and the asparagus is tender-crisp.
6. Remove from oven, open packets carefully (steam will be hot), and serve with a fresh squeeze of lemon.

Nutrition per serving

350 kcal	34 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of spice, sprinkle a pinch of red pepper flakes before sealing.
- For extra crispness, broil the packets for the last 2 minutes, watching closely.
- A drizzle of balsamic reduction after baking adds a subtle sweetness.