

# SALMON AND ASPARAGUS: MEAL-PREP

Course: Dinners

Prep Time: 15 minutes

Cooking Time: 20 minutes

Total: 35 minutes



## INGREDIENTS:



Asparagus  
(5 oz/141 grams)



Salmon fillet  
(4 oz/113 grams)



Garlic  
(1 clove chopped)



Lemon juice  
(2 tbsp)



Grape tomatoes  
8



Sriracha  
1/2 tsp



Olive oil/ coconut oil  
1 tsp



Parsley



Salt



Pepper

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## METHOD:

### Step 1:

Trim the ends of asparagus and wash them. Boil them in hot water for 3 minutes and then place them in cold water to stop cooking. Drain and set aside.

### Step 2:

Heat oil in a pan over medium-low heat. Season salmon with salt and pepper and cook it from both sides. Once it is cooked, remove and set aside.

### Step 3:

Now in the same pan, add garlic, lemon juice, sauce, and parsley. Stir and cook for some time. Now, add asparagus and toss for 2 minutes on medium heat. Now add salmon to the pan as well and cook.

### Step 4:

Serve it in a dish or meal-prep container. While serving, add grape tomatoes with it. You can enjoy it fresh as well as store it in the refrigerator for up to 5 days.

## NUTRITIONAL INFORMATION:

Calories	280 kcals (150 calories from fat)
Fat	16 g
Protein	25 g
Carbs	10 g
Cholesterol	60 mg