



HOME COOKING

with Cathy

Spring time always makes me want to cook a lovely salmon dish. These fresh herbs make this dish a light and tasty dinner served with asparagus. All you need is a salad and some rolls and dinner is ready!

by **Cathy Abernethy**

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Slow Roasted Salmon with Fresh Herbs and Asparagus

Ingredients:

- 4 skinless salmon filets
- 1 ¼ tsp coarse salt
- Freshly ground pepper
- 1 small shallot
- 2 Tbsp. capers, drained
- Grated zest and juice of 1 lemon
- 1 Tbsp olive oil
- 1 cup loosely packed fresh flat- leaf parsley, roughly chopped
- 2/3 cup chopped mixed herbs- such as tarragon, chervil, dill and mint.
- 1 bunch thin asparagus - trimmed and tough ends cut off.

Preparation:

1. Preheat oven to 250F with rack in upper third of oven.
2. Place salmon on parchment - lined baking sheet. Sprinkle each filet with salt and pepper.
3. Bake until opaque but still bright pink in the middle, 25-30 minutes. Remove from oven.
4. To make relish: In a small bowl, stir together shallots, capers, lemon zest and juice and 1/4 tsp salt with pepper. Add oil, parsley, and mixed herbs; toss to combine. (This can be made ahead)
5. Place asparagus in a steamer basket set over a pot of simmering water ; steam until spears are crisp-tender and bright green, 3-4 min.
6. Divide asparagus among serving plates. Place a salmon filet on each plate next to asparagus and spoon relish on top of fish.

Serves 4

