

Prep time: 10 minutes

Cook time: 12-15 minutes

Total time: 22-25 minutes

Servings: 4

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Ingredients

For the Salmon and Asparagus:

- 4 (6-ounce) salmon fillets, skin-on or skinless
- 1 pound (450g) fresh asparagus, woody ends trimmed
- 2 tablespoons olive oil
- Salt and freshly cracked black pepper, to taste
- 1 lemon, halved (one half for juice, one half for serving)

For the Honey Garlic Sauce:

- ¼ cup honey
- 3 tablespoons low-sodium soy sauce (or tamari for a gluten-free option)
- 4 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon apple cider vinegar (or rice vinegar)
- ½ teaspoon red pepper flakes (optional, for a touch of heat)
- 1 teaspoon cornstarch mixed with 1 tablespoon cold water (for slurry)

For Garnish (Optional):

- Freshly chopped parsley or cilantro
- Sesame seeds
- Lemon wedges

Instructions

1. Preheat and Prepare (Time: 5 minutes | Intensity: Low)

Preheat your oven to 400°F (200°C). Line a large, rimmed baking sheet with parchment paper or lightly grease it with non-stick spray. This will make cleanup a breeze.

2. Prepare the Asparagus (Time: 3 minutes | Intensity: Low)

Arrange the trimmed asparagus spears in a single layer on one side of the prepared baking sheet. Drizzle with 1 tablespoon of olive oil and season with a pinch of salt and pepper. Toss gently to coat. Push the asparagus to the outer edges of the pan, creating a space in the center for the salmon.

3. Sear the Salmon (Time: 5-6 minutes | Intensity: Medium-High)

Pat the salmon fillets completely dry with a paper towel—this is the secret to getting a good sear. Season both sides generously with salt and pepper. Heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat. Once the oil is shimmering, carefully place the salmon fillets in the skillet, skin-side down (if using skin-on). Sear for 4-5 minutes without moving them, until the skin is crispy and the flesh is opaque about halfway up the side. Flip the salmon and sear for just 1 more minute. Remove the salmon from the skillet and place it in the center of the baking sheet with the asparagus.

4. Create the Honey Garlic Sauce (Time: 3 minutes | Intensity: Low-Medium)

Reduce the heat to medium. In the same skillet you used for the salmon (do not wipe it out—those browned bits are pure flavor!), add the honey, soy sauce, minced garlic, lemon juice, apple cider vinegar, and red pepper flakes (if using). Whisk constantly, scraping up any browned bits from the bottom of the pan. Bring the sauce to a gentle simmer. In a small bowl, whisk the cornstarch with cold water to create a slurry. Pour the slurry into the simmering sauce and whisk continuously for 1-2 minutes, until the sauce thickens enough to coat the back of a spoon. Remove from heat.

5. Assemble and Broil (Time: 4-5 minutes | Intensity: High)

Spoon or brush the honey garlic sauce generously over each salmon fillet, ensuring they are well-coated. Drizzle any remaining sauce over the asparagus. Place the baking sheet under the oven's broiler for 3-4 minutes. Keep a very close eye on it! The goal is to caramelize the glaze on the salmon and lightly char the asparagus tips. The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

6. Garnish and Serve (Time: 2 minutes | Intensity: Low)

Remove the baking sheet from the oven. Squeeze the juice of half a lemon over the entire dish. Garnish with fresh parsley and a sprinkle of sesame seeds, if desired. Serve immediately with lemon wedges on the side.

Pro-Tips for Perfect Results

- **Dry Salmon is Key:** Patting the salmon dry before searing is crucial for achieving that beautiful, crispy crust.
- **Don't Overcook:** Salmon cooks very quickly. The broiler step is mostly for caramelizing the glaze. If your salmon is already cooked through after searing, you can skip the broiler or just broil for 1-2 minutes.
- **Sauce Lover's Tip:** Double the sauce ingredients if you love extra sauce for drizzling over rice or quinoa.
- **Asparagus Thickness:** If you have very thin asparagus, add it to the pan later in the process to prevent it from getting mushy. Thick spears are more forgiving.

Nutrition Information (per serving)

Disclaimer: Nutritional information is an estimate and will vary based on the exact ingredients and quantities used.

- Calories: 380 kcal
- Protein: 34g
- Carbohydrates: 22g
- Fat: 18g
- Saturated Fat: 3g
- Cholesterol: 85mg
- Sodium: 650mg
- Fiber: 3g
- Sugar: 18g