

# GRILLED SALMON AND ASPARAGUS WITH HERB SAUCE AND LEMON



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

### For the chimichurri (Herb Sauce):

- ★ ¼ cup finely chopped cilantro
- ★ ¼ cup finely chopped flat-leaf parsley
- ★ 1 tablespoon finely chopped red onion
- ★ 1 clove garlic, peeled, finely chopped
- ★ ⅛ teaspoon chili flakes
- ★ 2 tablespoons extra-virgin olive oil
- ★ 1 tablespoon red wine vinegar
- ★ ⅛ teaspoon kosher salt
- ★ Freshly ground black pepper, to taste

### For the salmon filets:

- ★ 2 6-ounce skinless salmon filets
- ★ 1 tablespoon extra-virgin olive oil, divided
- ★ ¼ teaspoon kosher salt, divided
- ★ Freshly cracked black pepper, to taste
- ★ 12 ounces asparagus, woody ends snapped off and trimmed
- ★ Lemon wedges, for serving
- ★ 2 sheets heavy duty aluminum foil

## DIRECTIONS

In a small bowl combine ingredients for herb sauce. Let it sit so the flavors can meld while the food is cooking.

Preheat the grill to medium-high. Coat the center of each piece of foil with ½ teaspoon olive oil. Place a piece of salmon on top of each piece of foil, drizzle with ½ teaspoon olive oil and season with ¼ teaspoon salt and pepper. Bring sides of foil together and fold over to seal. Fold over the ends of the foil and pinch tightly to form a seal.

Place packets on the grill. Coat the asparagus with remaining oil and season with remaining salt and pepper.

Transfer packets and asparagus to the grill. Cook until salmon is opaque and asparagus is tender but still green, turning asparagus occasionally, about 10 minutes. Remove from the grill and open foil packets carefully. Transfer to plates and serve topped with chimichurri and an additional squeeze of lemon, if desired.

### Serving Size and Nutritional Information:

**Serves 2** (Serving Size = 402g)

**440** Calories Per Serving, **28g** Total Fat,

**10g** Total Carbohydrates, **39g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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