



Lemon Parmesan Salmon & Asparagus Foil Packs



Ingredients:

- 4 salmon fillets, skin on or off
- 1 pound asparagus spears, wood ends trimmed
- $\frac{1}{3}$ cup butter, melted
- $\frac{1}{3}$ cup lemon juice, (or juice of $\frac{1}{2}$ a lemon)
- 1 tablespoon minced garlic, (or 4 large cloves garlic, minced)
- 2 teaspoons fresh parsley, finely chopped (or dried parsley)
- Salt and pepper, to season
- $\frac{2}{3}$ cup fresh grated parmesan cheese

Extra to Serve:

- Parsley to garnish
- Lemon wedges

Method:

1. Preheat oven or barbecue (grill).
2. Place each salmon fillet in the center of one 12x18-inch heavy-duty aluminum foil piece. Divide the asparagus into 4 equal portions and arrange next to the salmon on each foil piece.
3. In a small bowl, mix together the melted butter, lemon juice, garlic and parsley. Pour the garlic/butter mixture evenly over each piece of salmon and asparagus; season with salt and pepper to taste, and top each pack with the parmesan cheese (about 2-3 tablespoons per pack).
4. Tent with foil, tightly sealing the edges to prevent the butter being leaked, to create a foil packet.
5. For The Oven: Bake in preheated oven to 400°F for 15 minutes, or until cooked to desired doneness. For a crispy top, broil for 1-2 minutes extra until Cheese is golden.
6. For The Grill: Grill, covered on medium high heat for 15-20 minutes, or until cooked to desired doneness. For a crispy top, broil for 1-2 minutes extra until Cheese is golden.
7. Serve with fresh lemon wedges and garnish with extra parsley.