

# Buttery Salmon & Asparagus Packets



This quick & simple “Buttery Salmon & Asparagus Packets” are great for fun backyard grilling or sunny day fishing trips. The soft asparagus & flaky salmon topped with herb butter is a flavorsome treat!

## Ingredients for 2 serving (US/Metric)

- 357g / 12.6oz **Salmon, raw**
- 14.5 *pieces* **Asparagus**
- 5.5 *tbsp* **Butter**
- 1 *pieces* **Lemon**
- 2 *tsp* **Herb Mix**
- 2 *pieces* **Garlic Cloves**
- 20 *tsp* **Fresh parsley**

## Nutrition (US/Metric)

- **Protein:** 24%
- **Fat:** 72%
- **Net carbs:** 4%

## Instructions

1. Prepare the skinless salmon fillets by sprinkling salt & pepper on both sides generously.
2. Place a foil sheet (12x12-inches) on the chopping board. Arrange 3-4 lemon slices in the center of the foil sheet. Layer 1 seasoned salmon fillet and 4 ounces of asparagus (ends trimmed) on top of the lemon slices. Ready the other 3 salmon fillets similarly.
3. Now, make the herb butter by mixing the butter with Italian seasoning & minced garlic. Drizzle it on the salmon & asparagus.
4. Wrap each of the foil sheets around the salmon & asparagus. Ensure they are wrapped tight enough with the ends sealed properly so that the buttery juices do not leak while grilling/baking.
5. **To grill-** Place the salmon-asparagus packets on the grill and cook each side for 6-8 minutes over medium-high heat.  
**To bake-** Place the salmon-asparagus packets on a preheated oven set at 400° F. Bake them for 20 minutes till the salmon turns flaky & asparagus softens.
6. Serve right away with a squeeze of lemon.