

Baked Mustard-Crusted Salmon with Asparagus and Tarragon

Serves 4

Ingredients

- About 450 g thin asparagus, trimmed
- 3 T olive oil, divided
- $\frac{3}{4}$ tsp salt, divided
- $\frac{1}{2}$ tsp black pepper, divided
- 4 (170 g) skin-on salmon fillets
- 40 g country-style or whole-grain Dijon mustard
- 3 T panko
- $\frac{1}{4}$ tsp smoked paprika
- 2 T chopped fresh tarragon



1. Preheat oven to **220°C**. Line a rimmed baking sheet with parchment paper.
2. Toss **asparagus** with 2 T **oil**, $\frac{1}{2}$ tsp **salt**, and $\frac{1}{4}$ tsp **pepper** on prepared sheet, then arrange in a single layer on one half of baking sheet. **Bake asparagus 5 minutes**.
3. Meanwhile, spread each salmon fillet with 2 tsp **mustard**.
4. Sprinkle fillets with $\frac{1}{4}$ tsp **salt** and $\frac{1}{4}$ tsp **pepper** total.
5. Toss **panko** with remaining 1 T **oil** in a small bowl. Sprinkle panko mixture evenly onto salmon fillets, then dust with **smoked paprika**.
6. After asparagus has baked for 5 minutes, remove baking sheet from oven. Place prepared salmon fillets skin side down on empty half of baking sheet.
7. Return to oven and bake until salmon is firm but still pink in the center and asparagus is tender, **14–16 minutes more** for medium rare salmon.
8. Divide salmon and asparagus among four plates and top with tarragon.

If cooking with potatoes:

- 1 – Potatoes for 10 minutes
- 2 – Then add asparagus for 10 more minutes
- 3 – Then salmon for last 20 minutes