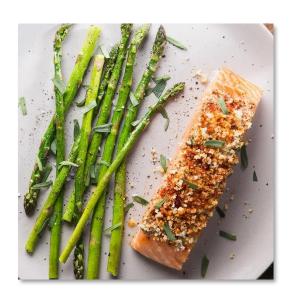
## **Baked Mustard-Crusted Salmon with Asparagus and Tarragon**

Serves 4

## Ingredients

- About 450 g thin asparagus, trimmed
- 3 T olive oil, divided
- 3/4 tsp salt, divided
- ½ tsp black pepper, divided
- 4 (170 g) skin-on salmon fillets
- 40 g country-style or whole-grain Dijon mustard
- 3 T panko
- 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**, ½ tsp **salt**, and ¼ 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 ¼ tsp salt and ¼ 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