

Lemon Herb Salmon with Spring Pea Couscous & Roasted Asparagus



Prep time
15 minutes



Cook time
20 minutes



Servings
4 helpings

Ingredients

Cooking for 2? Make the recipe as written but stretch the leftovers into different meals. Try adding the salmon and asparagus to a salad or a wrap.

For the Salmon

- 4 salmon fillets (5–6 oz each)
- 2 tablespoons oil
- 3 garlic cloves, minced (tiny pieces)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Zest of 1 lemon
- Juice of ½ lemon
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 lemon, cut into wedges

For the Spring Pea Couscous

- 1 cup dry couscous
- 1 ¼ cup water
- 1 tablespoon oil
- 1 cup spring peas (out of shell)
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Juice of ½ lemon

For the Roasted Asparagus

- 1 bunch of asparagus (about 1 pound), ends trimmed off
- 1 tablespoon olive oil
- 1 garlic clove, minced (tiny pieces)
- ½ teaspoon dried oregano
- Salt and pepper, to taste

Equipment

- Small bowl
- Sheet pan
- Sauce pan
- Oven
- Zester or grater

Instructions

Step 1: Get Ready

- Wash hands with soap and water.
- Rinse the parsley, dill, spring peas, and asparagus under running water.
- Preheat the oven to 400 degrees Fahrenheit.

Step 2: Cut the Vegetables

- Roughly chop the parsley and dill.
- Trim the ends off of the asparagus.

Step 3: Prepare the Salmon

- In a small bowl, combine 2 tablespoons oil, garlic, oregano, basil, parsley, dill, lemon zest, lemon juice, salt, and pepper.
- Place the salmon fillets on one half of a sheet pan.
- Brush each fillet generously with the herb mixture.

Step 4: Prepare the Asparagus

- Place the asparagus on the other side of the sheet pan.
- Drizzle with oil.
- Sprinkle with garlic, oregano, salt, and pepper.
- Toss it together to coat the asparagus.

Step 5: Roast the Salmon and Asparagus

- Put the sheet pan in the oven for 12-15 minutes, or until the salmon flakes easily with a fork and the asparagus is tender-crisp.

Step 6: Make the Couscous

- While the salmon and asparagus cook, bring 1 ¼ cup water to boil in a saucepan.
- Stir in the couscous.
- Remove it from the heat.
- Cover and let it sit for 5 minutes.
- Fluff it with a fork.
- Gently stir in the oil, spring peas, parsley, dill, lemon juice. The heat from the couscous will warm the peas.

Step 7: Serve the Salmon, Asparagus, and Couscous

- Divide half the couscous among two plates (save the rest for the next meal!)
- Top it with a salmon filet and a few pieces of roasted asparagus.
- Add a bit of fresh parsley, dill, and a squeeze of lemon.

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Grocery List

Produce

- 1 bulb of garlic
- 1 bunch of fresh parsley
- 1 bunch of fresh dill
- 2 lemons
- 1 bunch of asparagus (about 1 pound)
- 1 bag fresh spring peas

Fish

- 4 salmon fillets (about 5-6 ounces each)

Oils & Seasonings

- Oil (olive, vegetable, or canola)
- Salt
- Pepper
- Dried oregano
- Dried basil

Pantry Items

- 1 box couscous