

PALEO COOKBOOK RECIPES

CITRUS SALMON & ASPARAGUS

INGREDIENTS:

- 1 cup orange juice (about 2 oranges)
- 1 Tbsp fresh thyme, chopped
- 1 tsp oregano, dried
- 4 (6 oz) salmon filets
- Zest of 1 lemon
- 2 tsp sea salt
- 1 tsp pepper
- 1 Tbsp Herbes de Provence
- 1 lb asparagus, remove tough ends
- 1 Tbsp extra virgin olive oil



INSTRUCTIONS:

1. Create the sauce: whisk orange juice, thyme, and oregano in a small bowl. Put half the mixture in a re-sealable bag with the salmon. Let marinate for 5 minutes.
2. Put remaining sauce in a pan on medium heat. Bring to a boil and lower heat to a simmer for 10 minutes or until the sauce reduces slightly.
3. Heat broiler to 400 °F and line a baking sheet or broiler pan with aluminum foil. Position the top rack 6 to 8 inches from the boiler.
4. In a small bowl combine the zest, salt, pepper, and Herbes de Provence. Remove salmon from marinade and place on baking sheet. Discard marinade. Season the salmon with the lemon zest mixture. Add asparagus to the broiler pan, drizzle with oil and season with salt and pepper. Cook salmon & asparagus for 8–10 minutes.
5. Place salmon and asparagus on plate. Top with the citrus-herb sauce and serve.