



Honey Dijon Salmon with Fresh Asparagus

Serves: 4

Preparation time: 25 minutes

Cooking time: 25 minutes

Ingredients

3 tbsp. Olive oil (divided)
1 tbsp. Butter
1 tsp. Garlic (minced)
1 tsp. Salt (divided)
½ tsp. Black pepper (divided)
8 cups (9 oz.) Fresh spinach (cleaned and stemmed)
16 Asparagus spears (trimmed)
4 Salmon fillets (4 oz. each; skin removed)
2 tbsp. Honey
3 tbsp. Dijon mustard (divided)
½ cup Heavy cream
2 cups Prepared mashed potatoes
2 tsp. Parsley (minced)

Instructions

1. Preheat oven to 200° F. Place 4 dinner plates in oven to keep warm.
2. In a large non-stick skillet over medium-high heat, heat 1 tablespoon of the olive oil, butter and garlic just until butter is melted. Pile spinach into skillet and cover; cook 3-4 minutes or until spinach is wilted. Stir in salt and pepper to taste. Divide spinach among dinner plates in oven.
3. Fill large saucepan with ½-inch of water. Insert a steamer basket and bring to a boil. Place asparagus in steamer basket; cover and steam 4 minutes or until asparagus is tender-crisp. Remove asparagus from pan and keep warm.
4. Add remaining 2 tablespoons olive oil to a large non-stick skillet and place over medium heat. Place salmon serving side down in pan and season with salt and pepper. Cook 4 minutes per side or until salmon is golden brown and cooked through. Place salmon fillets on top of spinach and return plates to oven to keep warm.

5. In a small mixing bowl, add the honey and 2 tablespoons of Dijon mustard to the pan juices. Brush 1 tablespoon of the honey mixture over each fillet; discard any leftover honey mixture.
6. In the same skillet that the salmon was cooked in, heat the cream, remaining 1 tablespoon mustard, and salt and pepper to taste. Whisk together until blended and bubbling.
7. To serve, remove plates from oven. On each plate, spoon some of the mashed potatoes alongside the spinach, place 3 asparagus spears next to salmon and spoon cream sauce around edge of spinach. Sprinkle parsley over the top and serve immediately.