



## Salmon Filet on Asparagus with Balsamic-Herb Vinaigrette



### 4 Person

4 Salmon Filets fresh or frozen, defrosted  
500 gr white Asparagus  
500 gr green Asparagus  
100 ml vegetable oil (olive oil or rapeseed oil)  
100 ml balsamic white vinegar  
salt, sugar, lemon juice

Peel the asparagus as usual and cut off the ends, with the green asparagus only peel the bottom half. Bring an adequate amount of water to boil in a sauce pan - season the water with salt, sugar, and lemon juice. Put both varieties of asparagus into the water, let it come to a boil, cover with a lid and let it simmer on the turned off stove. Fry the salmon filets in a non-stick pan from both sides, season with the Italiano Seasoning and put it in the oven at 140°.

Mix the vinegar and oil with 100 ml of the asparagus water. Add 1 tsp each of Basil, red onions, chives and parsley and stir it together.

After the asparagus has simmered for about 10-15 min arrange it on a plate in the shape of a star. Set the salmon filet on the asparagus and decoratively sprinkle the herb vinaigrette over the top. If required add some fleur de sel over the top.

Best served with fresh french bread.

Used Plochman's spices:

- Italiano Seasoning
- Crushed Basil
- Crushed Red Onions
- Crushed Chive
- Crushed Parsley
- Fleur de Sel

