

Salmon Asparagus Involtini With Zesty Gremolata

Calories: 4 kcal

Servings: 5

Time: 0 Mins

Ingredients

- 120.00 g 5 Fillets Salmon (skinless, each)
- 20.00 spears Asparagus (trimmed)
- 0.20 g Black Pepper (to taste)
- 1.00 cup Cheese (Ricotta)
- 2.00 tbsp Extra Virgin Olive Oil
- 1.00 clove Garlic
- 2.00 g Garlic Salt (to taste)
- 1.00 whole Lemon (juice and zest)
- 1.00 tbsp Mint (fresh, chopped)
- 1.00 tbsp Parsley (fresh, chopped)

Instructions

1. Preheat oven to 200°C (390°F). Line tray with baking paper.
2. In a small bowl, combine ricotta, one tablespoon of olive oil, juice and zest of one lemon, parsley, salt and pepper. Set aside.
3. Butterfly the salmon fillets (without cutting all the way through). Season salmon with garlic salt. Place ricotta mixture on each of the fillets and top with 4 asparagus spears. Roll salmon and place on oven tray.
4. Brush with remaining olive oil, season with a little more garlic salt and pepper. Top with finely sliced lemon rind.
5. Bake for approx. 12 to 15 minutes or until salmon is tender and golden. Remove from oven.
6. Gremolata:
7. Place all Gremolata ingredients in a blender or bullet, adding enough olive oil to achieve the desired consistency. Blend well.
8. Serve salmon and asparagus involtini with zesty gremolata and a rocket and walnut side salad. Enjoy!

Equipment

- Blender or Bullet