

# Roasted fennel, asparagus & salmon

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Preparation 15 mins | Cooking 35 mins | Serves 4

- ¼ cup extra virgin olive oil
- 1 garlic clove, crushed
- 2 tbs lemon juice
- 2 x 175g thick Atlantic salmon fillets (skin-on), pin-boned
- 2 small fennel bulbs, cut lengthways in 2cm-thick wedges, reserve fronds
- 1 lemon, quartered lengthways
- 1 large bunch thick-stemmed asparagus\*, trimmed and base of stems peeled
- ½ cup Kalamata olives
- Aioli and lemon wedges, to serve

*\*You'll need about 12 thick stems of asparagus.*

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Combine oil, garlic and lemon juice in a bowl. Season with sea salt and pepper. Brush salmon with half of the oil mixture.

**STEP 2** Place fennel, fennel fronds and lemon in a large baking pan lined with baking paper. Drizzle with remaining oil mixture. Toss to combine. Roast, turning once, for 20-25 minutes until almost tender.

**STEP 3** Remove from oven, add asparagus and salmon, flesh-side up to the pan. Roast for 12-15 minutes or until salmon is just cooked through. Serve with aioli and lemon wedges.

## Good for you... FENNEL

*A good source of dietary fibre, which helps the intestine function normally and also vitamin C, a vitamin that contributes to the function of the body's normal immune system. Has virtually no fat and few kilojoules so is a useful food for those trying to control weight. A source of potassium.*

