

PARMESAN CRUSTED SALMON

INGREDIENTS:

- 6 oz skinless salmon
- 7 oz asparagus
- olive oil, to taste
- salt, to taste
- pepper, to taste
- 1 egg
- ¼ cup panko breadcrumbs
- ¼ cup grated parmesan cheese
- 1 tablespoon fresh parsley, chopped
- salt, to taste

DIRECTIONS:

1. Preheat oven to 400°F (200°C).
2. In a medium bowl, mix the parmesan crust ingredients.
3. In a separate bowl, whisk egg. Dredge the salmon in the egg, then parmesan.
4. Lay the salmon on a baking sheet. Lay asparagus beside the salmon. Drizzle with olive oil, then season with salt and pepper.
5. Bake for 10-12 minutes.