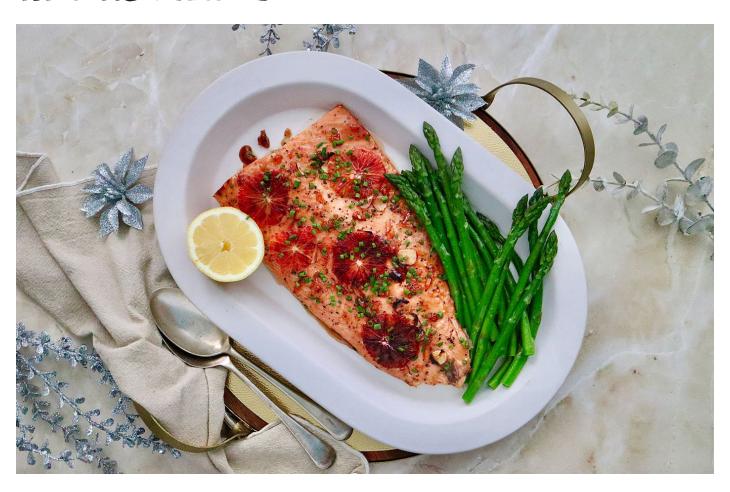


STICKY ORANGE BAKED SALMON WITH ASPARAGUS





INGREDIENTS:

- > 1 Salmon Side
- > 2 Garlic Cloves
- > 200g Orange Marmalade
- > 2 Oranges
- > 1 Lemon
- > 1/4 Bunch Chives
- > 2 Bunches Asparagus

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



Preheat oven to 220°C. Then bring a medium sized pot with salted water to the boil.

Pat dry salmon with paper towel and season with salt and pepper. Place on a lined baking tray, skin side down.

Finely slice garlic cloves and set aside.

Add orange marmalade, juice of 1 orange and zest of ½ a lemon into a bowl. Mix with a whisk.

Spoon the marmalade mix over the salmon and sprinkle the garlic slices on top, gently press the garlic to coat with the marinade.

Cook salmon in the oven for 13 minutes. Set the oven to the grill function and cook further for 1-2 minutes until the sauce has thickened and caramelised.

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Meanwhile, finely slice the chives and set aside. Cut the bottom ends off the asparagus. Peel the orange, making sure there is no white membrane left, then slice into ½ cm disks.

Cook the asparagus in boiling water for 2-3 minutes depending on the thickness. Remove and place in a bowl. Drizzle with olive oil and season with salt and pepper, then set aside.

Remove salmon and carefully place on a long patter. Arrange the orange slices on top then drizzle with the syrup from the baking tray.

Serve orange salmon garnished with chives and orange disks. Drizzle with olive oil and the juice of $\frac{1}{2}$ a lemon.

• Use two spatulas to manoeuvre the salmon from the baking platter to the tray

