



**READY TO COOK**  
BY HARRIS FARM

# STICKY ORANGE BAKED SALMON WITH ASPARAGUS



PREP  
**15 min**



COOK  
**15 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Salmon Side
- > 2 Garlic Cloves
- > 200g Orange Marmalade
- > 2 Oranges
- > 1 Lemon
- > ¼ Bunch Chives
- > 2 Bunches Asparagus

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD – GET COOKING!



**1** 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**.

**2** 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**.

**3** 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**.

**4** **Remove salmon** and carefully **place on a long platter**. **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 ½ a lemon**.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

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

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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