

The One-Pan Lemon Herb Butter Salmon and Asparagus Recipe I Keep Coming Back To

Let me show you why this recipe works so well and how I make it time and time again.



OVEN
400°F

TIME
20 min

TEMP
145°F

METHOD
Air fryer

INGREDIENTS

- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 2 tbsp butter, melted
- 1 tbsp lemon juice (freshly squeezed is best)
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp dried oregano

DIRECTIONS

- 1.** Preheat and Prep: I start by preheating my oven to 400°F (200°C) and lining a baking sheet with parchment paper for easy cleanup.
- 2.** Arrange the Salmon and Asparagus: I lay the salmon fillets on one side of the baking sheet and spread the trimmed asparagus on the other side. This way, they both get the full benefit of the sauce without crowding the pan.
- 3.** Make the Lemon Herb Butter: In a small bowl, I mix together the melted butter, lemon juice, garlic powder, salt, pepper, and dried oregano. This quick sauce smells incredible and only takes seconds to stir together.
- 4.** Drizzle and Coat: I pour the lemon herb butter evenly over the salmon and asparagus, using a spoon to make sure everything gets well coated. I like to give the asparagus a little toss with my hands so the stalks are fully flavored.
- 5.** Bake to Perfection: I place the baking sheet in the oven and bake for 12 to 15 minutes. The salmon comes out perfectly flaky, and the asparagus is tender but still crisp. If I want a little extra golden color, I broil for the last minute or two, keeping a close eye on it.
- 6.** Plate and Serve: As soon as it's out of the oven, I plate the salmon with a generous serving of asparagus on the side and drizzle any remaining juices from the pan over the top. Sometimes I finish with a sprinkle of fresh parsley or extra lemon wedges for brightness.

