

Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



Directions

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
7. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

More Carbs

Serve with quinoa, potatoes or brown rice.

Keep it Simple

Omit the marinade and season the salmon with olive oil, salt and pepper.