

# 30-MIN SALMON DINNER

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This recipe can be made in under 30 minutes for an easy dinner! Maxim started cooking this meal in effort to improve his health and lessen his carbon footprint.



## INGREDIENTS

1 lb Salmon  
Olive Oil  
Salt and pepper  
1 tbsp Old bay or 1 tsp smoked paprika, 1  
tsp garlic powder, 1 tsp celery salt, 1 tsp  
dried parley  
1 cup Rice  
1.5 cup Water  
Splash of rice vinegar (optional)  
Splash of sesame oil (optional)  
1 bundle of asparagus

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice salmon into 2-3" pieces.
3. Lay tin foil on a baking sheet, add olive oil.
4. Drizzle salmon with olive oil. Add salt, pepper, and spices of choice. Old bay is a quick, easy, and delicious choice!
5. Lay salmon on the baking sheet, skin down. Bake for 12-15 minutes or until fish is flaky.
6. Wash and dry asparagus. Chop off the wooden, white ends of the asparagus.
7. On a separate baking sheet, place the asparagus and drizzle with olive oil. Add salt, pepper, and garlic powder.
8. Bake for 12-15 minutes along with the salmon.
9. Measure rice and rinse, set aside.
10. In a pot, measure 1.5 cups water for every cup rice. Add salt. Heat water until boiling.
11. Add rice and stir to make sure it does not stick, return to boil.
12. Add a splash of rice vinegar and sesame oil for flavor.
13. Cover and turn heat to low for 15 minutes.
14. Remove from heat and rest covered for 5 minutes.
15. Fluff and serve!

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