



Mediterranean Baked Salmon

Serves 4

What you need to do

For the salmon:

4 salmon fillets (4.5 oz./ 130g each)
salt & pepper
1 tbsp. mixed herbs
1 tsp. lemon zest
1 tsp. olive oil

For the sauce:

2 tbsp. olive oil
14 oz. (400g) can chopped tomatoes
1 small white onion, diced
2 garlic cloves, finely chopped
2 tbsp. capers
½ cup (120ml) chicken stock
1 tbsp. tomato paste
2 tsp. lemon zest
2 tsp. oregano
1 tsp. thyme
fresh parsley, chopped
salt & pepper

Heat oven to 400°F (200°C).

Season the salmon filets with salt and pepper, mixed herbs and lemon zest, then rub it with the olive oil.

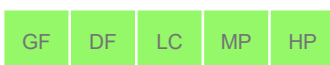
Heat 1 tablespoon of olive on a large pan over high heat. Once hot, place the salmon fillets skin up and sear for 3 minutes, then remove and set aside. Reduce the heat to medium.

Once the pan has cooled down, add the remaining 1 tablespoon of olive oil, onion, garlic, and the capers. Cook for 2–3 minutes until they are caramelized and slightly browned.

Add in the chopped tomatoes, chicken stock, and tomato paste. Bring the sauce to a simmer. Add the remaining ingredients, and season to taste with salt and pepper. Stir well and cook for 8–10 minutes, until the sauce has reduced.

Transfer the sauce into a baking dish and place the salmon fillets in the tomato sauce. Bake in the oven for 10 minutes. Garnish with chopped parsley and serve.

Serving suggestions: side salad, potatoes, pasta



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	248	10	9	29

*Nutrition per serve

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