

Mediterranean Roasted Salmon and Vegetable Pouches

Try this simple sheet-pan recipe for the most tender, moist, and delicious salmon. Cooking the vegetables in the salmon pouches is an efficient way to get a healthy dinner on the table fast!

Prep time: 15 minutes

Cook time: 12 to 15 minutes

Total time: 30 minutes

Serves: 4



Ingredients

- 1 medium zucchini, sliced into half circles
- 1 cup cherry tomatoes, halved
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 tablespoons extra virgin olive oil
- 4 garlic cloves, minced
- 1 lemon, zested and juiced
- ½ teaspoon red pepper flakes
- 4 (6-ounce) salmon filets
- ¼ cup chopped fresh parsley

Directions

1. Preheat oven to 400 degrees Fahrenheit. Prepare a 10x12-inch piece of foil and parchment paper for each serving.
2. To make four individual pouches, spread out each piece of foil on a large, rimmed baking sheet and top each with a piece of parchment paper. Slightly crimp the edges to prevent juices from running. Set aside.
3. Fill each packet with equal amounts of zucchini and cherry tomatoes. Season with salt and pepper.
4. In a small bowl, whisk together olive oil, garlic, lemon zest, lemon juice, and crushed red pepper flakes. Pour three-fourths of the olive oil mixture over the veggies in each pouch and stir to coat.
5. Place a 6-ounce salmon fillet in each pouch, skin side up. Drizzle with the salmon and vegetables with the remaining olive oil mixture. Fold the edges of the packet over the salmon and fold to seal.
6. Place in oven and bake for 12 to 15 minutes. Remove from the oven and allow to cool for 2 minutes before opening. Caution: steam will escape the packet when opened. Carefully remove skin from each piece of fish and return to pouch, skin side down. Slide vegetables and salmon onto a four individual plates and garnish with fresh parsley.

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