

Baked Salmon with Roasted Potatoes



It's time for a piece of fish and tonight. You'll bake some salmon with homemade ponzu sauce. Fill in the plate with roasted purple potatoes and onions and a substantial helping of seared bok choy.

This is one of those meals where you cook ahead for another meal. Today, you'll be cooking an extra fillet of salmon for Friday's meal.

Preparation Time: 45 minutes - Servings 2

Organize Your Ingredients!

Notes on Organizing

Prep ingredients so they're ready to add. You'll need juice from 1 lemon tonight. There are two different onion preps: 2/3 C. chopped yellow onion for the Roasted Purple Potatoes and 1-1/2 C. sliced red onion for the seared bok choy. Prep 1/3 C. chopped cilantro: 2 T. for the Salmon, 1/4 C. for the Seared Bok choy.

Roasted Purple Potatoes

2 tsp. olive oil
3 medium sized purple potatoes (scrubbed and diced
- use red potatoes if you can't find purple)
2/3 C. yellow onion (coarsely chopped)
Pinch of salt
1/2 tsp. ground pepper
2 T. fresh parsley (chopped)

Ponzu Sauce/Baked Salmon

Ponzu sauce:

1 tsp. low-sodium soy sauce
1/4 C. lemon juice
1 tsp. granulated sugar
1/2 tsp. grated fresh ginger

Baked Salmon:

1 tsp. canola oil (for baking dish)
16 oz. salmon

1 T. lemon juice
2 T. fresh cilantro (chopped)



Seared Bok Choy

1 tsp. canola oil
- plus -
1 tsp. sesame oil
1-1/2 C. red onion
(sliced/slices quartered)
3 C. (or 2 bunches) baby bok choy
(stems and leaves chopped separately)

1 tsp. low-sodium soy sauce
2 T. rice wine vinegar
2 T. low-sodium vegetable broth
1 clove garlic (smashed and chopped)

1/4 C. cilantro (chopped)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by getting the potatoes into the oven. Once that's done, continue preparing the meal as instructed.

Roasted Purple Potatoes

1. Toss potatoes and onions with olive oil.
2. Place potatoes and onions on a cookie sheet. Sprinkle with salt and pepper
3. Slide them into a preheated 400° oven and set a timer for 20 minutes.

Ponzu Sauce/Baked Salmon

1. Mix ponzu sauce ingredients together.
2. Oil a baking dish with canola oil and place salmon, skin-side-down, in dish. Drizzle with the ponzu sauce.
3. Turn the potatoes and slide salmon into the oven when the timer sounds. Reset the timer and bake salmon and potatoes together for 15 minutes.

Seared Bok Choy

1. Begin searing bok choy when the salmon is in it's final 10 minutes of cooking.
2. Measure canola and sesame oil into a large sauté pan and heat until oils start to shimmer.
3. Add sliced red onions and bok choy stems. Toss until bok choy and onion begin to char.
4. Mix soy sauce, rice wine vinegar and vegetable broth in a small bowl.
5. Reduce heat to medium and add chopped bok choy leaves, garlic and soy sauce mixture.
6. Toss until liquid cooks away. Add chopped cilantro, toss again and remove from heat.

Plate

Remove salmon and potatoes from oven when the timer sounds. Sprinkle salmon with lemon juice and chopped cilantro.

Sprinkle fresh parsley over cooked potatoes.

Serve 1/3 of the cooked Salmon for each diner tonight. Flank each salmon fillet with roasted potatoes on one side and seared bok choy on the other. Yum!

(Store the remaining 1/3 of the cooked salmon fillets in the fridge for Friday's meal.)

What I've Learned from this Recipe

Ponzu is a classic Japanese condiment made up of a mixture of acidic, sweet and salty elements. This is a simplified, homemade version.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

