

Baked Salmon with Roasted Potatoes

I really like a baked salmon dinner for Christmas Day. You may have another favorite holiday meal tradition that makes you happy, but if you need inspiration, here's a dinner that's sure to please.

Preparation Time: 45 minutes - Servings 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. Prep a total of 2 C. onion: 1-1/3 C. chopped onion for Roasted Potatoes and 2/3 C. sliced onion for bok choy.

Prep a total of 1/4 C. cilantro: 1 T. for the salmon, 3 T. for the bok choy and onions.

Roasted Potatoes and Onions

3 Yukon Gold potatoes (washed, cut into 1" pieces)

1- 1/3 C. yellow onion (coarsely-chopped)

2 tsp. olive oil

1/2 tsp. salt

2 T. fresh parsley (chopped)

Baked Salmon

Ponzu Sauce:

2 T. lemon juice

1 tsp. low-sodium soy sauce

1/4 tsp. grated ginger

1 tsp. granulated sugar

1 tsp. canola oil

10 oz. fresh salmon fillets

1 T. cilantro (chopped)

Bok Choy and Onions

1 tsp. sesame oil

2 tsp. canola oil

2-1/2 C. bok choy

(white stems and green leaves chopped separately)

2/3 C. yellow onion (sliced)

1 clove garlic (smashed and chopped)

1 tsp. low-sodium soy sauce

1 T. rice wine vinegar

3 T. fresh cilantro (chopped)

Preheat the oven to 375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Simple preparations lie ahead tonight. Cooking the majority of the meal in the oven makes this an easy meal to assemble. As potatoes and fish finish baking, you can focus on preparing perfectly seared bok choy and onions.

Roasted Potatoes and Onions

1. Using a medium-sized bowl, toss chopped potatoes and chopped onions in olive oil. Place on a cookie sheet, sprinkle with a little salt and bake at 375°. (You'll be adding the salmon to the oven in 20 minutes.) Start by setting a timer for 10 minutes. When the timer sounds, turn the potatoes and return them to the oven. Reset the timer for 10 minutes.
2. When the timer sounds. Remove potatoes and onions from the oven and turn them once more. While you're turning them, bump the oven temperature to 400°. Return the potatoes and onions to the oven and add the pan of prepared salmon. You can place the baking dish on one end of the cookie sheet. Cook potatoes and onions another 10 minutes. Remove potatoes and onions from oven, sprinkle with chopped parsley.

Baked Salmon

1. Mix lemon juice, soy sauce, fresh grated ginger and sugar in a small bowl.
2. Place salmon, skin-side-down, in an oiled baking dish. Spread lemon juice mixture (Ponzu sauce) over fillets.
3. Place the salmon in the 400° oven with the potatoes. Set a timer for 10 minutes to finish cooking potatoes. When timer sounds, remove potatoes from oven and finish cooking salmon. Reset the timer for 5 minutes so you don't forget.

Remove salmon from the oven and sprinkle with 1 T. chopped cilantro.

Bok Choy and Onions

1. Heat sesame and canola oils in a medium sauté pan until oil begins to shimmer. Place chopped bok choy stems and sliced onion in oil and toss until bok choy begins to brown.
2. Add chopped garlic, soy sauce and rice wine vinegar to pan and toss about 1 minute.
3. Add chopped bok choy leaves and 3 T. chopped cilantro, toss 1 more minute and remove from heat.

Plate the meal:

Flank salmon with roasted potatoes/onions on one side and bok choy mixture on the other.
Yum!

What I've Learned from this Recipe

Bake fish at a high temperature. I set the oven between 400° and 425°. Most fillets will be fully cooked in 15-20 minutes. Thicker fillets will need a full 15 minutes. A really thick piece (1" thick) may take 20 minutes. A few fresh herbs sprinkled over the top is always a good choice.

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