

Baked Salmon with Roasted Potatoes

Salmon baked with ponzu sauce and topped with fresh cilantro is the feature on tonight's plate. It's paired with roasted new rosemary potatoes. A tasty mix of new carrots and sugar snap peas round out the fresh flavors of this meal.

Preparation Time: 45 minutes - Servings 2

Organize Your Ingredients!

Notes on Organizing

Prep ingredients so they're ready to add. Prep items in all three boxes below. You'll use 2 lemons tonight. Juice 1 lemon (divide juice between ponzu sauce and vegetables). Slice the other lemon into wedges to place on dinner plates.

Roasted Rosemary Potatoes

2 tsp. olive oil
8 new (small) baby red potatoes
1/2 tsp. dried rosemary
- or -
1 sprig fresh rosemary
Pinch of salt

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

1 tsp. canola oil (for baking dish)
20 oz. salmon fillet
2 T. fresh cilantro (chopped)

Steamed Carrots with Snow Peas

2 C. carrots (scrubbed and sliced into 3 inch pieces) This is the equivalent of 2 medium or 5 baby carrots.

3 C. sugar snap peas (strings removed)

pinch of salt
1/2 tsp. butter
2 tsp. lemon juice
2 T. parsley (chopped)

1 lemon (cut into wedges)



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the potatoes into the oven. Then follow the order of the assembly instructions.

Roasted Rosemary Potatoes

1. Rub scrubbed potatoes with olive oil.
2. Sprinkle with dried rosemary or lay a sprig of fresh rosemary over the top.
3. Wrap them in foil and place on a cookie sheet in a preheated 400° oven. Cook a total of 45 minutes.
4. Set a timer for 30 minutes. When timer sounds, add the salmon to the oven with the potatoes.

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 3/4 of the ponzu sauce. Slide into the preheated oven. Cook 15 minutes with the potatoes.
3. When timer sounds, remove salmon from the oven and drizzle with remaining ponzu sauce.
4. Sprinkle with chopped cilantro before serving.
5. Save 1/2 of the salmon for Fridays meal.

Steamed Carrots with Snow Peas

Steam Vegetables:

1. Steam carrots 2 minutes in top of steamer pan over 3/4 C. boiling water. Add the snow peas, cover and steam another 4 minutes.
2. Discard cooking water from the bottom of the steamer pan.
(Take a moment to slide dinner plates into the cooling oven to warm them.)
3. Using the bottom of the steamer pan, heat salt, butter and lemon juice until butter is melted. Toss steamed vegetables in butter mixture. Sprinkle with fresh parsley.

Plate the Meal:

1. Place cooked salmon fillets in the middle of the warm plates (5 oz per serving).
2. Lift carrots and peas from bottom of steamer pan and arrange on dinner plates.
3. Divide potatoes between plates and place a lemon wedge alongside salmon fillet.

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