

Tuscan Salmon Sheet Pan

Recipe makes 4 servings, each serving is:

508
kcal

20 g
fat

50 g
carbs

32 g
pro

Ingredients

- 16-20 oz. filet of salmon or steelhead trout, cut into 4 smaller filets
- 1 lbs mini potatoes, halved
- 1 tbsp olive oil
- 1 bunch asparagus, chopped 1 inch pcs
- 1/4 c. parmesan cheese
- Fresh basil to garnish

Creamy Tuscan Sauce:

- 1/4 red onion
- 1 Tbsp butter
- 3 cloves garlic, minced
- 6 sundried tomatoes (in oil), chopped
- 1 c. spinach, chopped
- 1/2 c. each chicken stock & 10% cream
- 3-4 leaves of fresh basil, chopped
- 1-2 Tbsp parmesan cheese, shredded
- Salt & pepper

Directions

1. Preheat an oven to 420 degrees F.
2. Line a sheet pan with parchment paper and add the mini potatoes, a bit of oil, salt and pepper. Bake in the oven for ~10 minutes until the potatoes start to brown. Remove from oven and flip.
3. Add the salmon to the sheet pan and bake for ~15-20 minutes until the fish is about 130-135 degrees F.
4. In a small saucepan, fry up the red onion in the butter until soft. Then add the remaining sauce ingredients to the pan until the spinach is cooked down and the flavours are all incorporated into the sauce.
5. Spread out the pieces of asparagus on the sheet pan. And cover the sheet pan with the creamy Tuscan sauce, making sure to get plenty of sundried tomatoes on the fish pieces.
6. When the fish reaches an internal temp of 145 degrees, remove from heat and garnish with a bit of parmesan and fresh basil. Enjoy!

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