

Sheet Pan Pesto Salmon with Roasted Vegetables

🕒 35 MIN

4 Servings

Wellness at Blue Apron

Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.

Vegetarian
Our vegetarian recipes contain no meat, poultry, fish, or seafood, but may include eggs, and animal-based dairy products, such as cheese and sour cream, as well as honey.

600 Calories Or Less
All of these delicious recipes come in at 600 calories or less per serving, ideal for those who choose to monitor their caloric intake, without sacrificing flavor. The US Food & Drug Administration recommends a 2000 calorie daily intake for the general population. The 600 calorie cap equates to 30% of total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

WW Recommended

If you spot the WW logo next to a recipe, get excited! These recipes factor in calories, sugar, saturated fats, and protein to help guide you toward nutritious foods—while still keeping dinner satisfying and delicious. PersonalPoints™ are assigned to recipes on an “as packaged” basis. To learn more about WW (formerly Weight Watchers) visit our partner’s website at WW.com.

Lightyear

Learn more at DisneyCheck.com

Carb Conscious

Our Carb Conscious recipes provide a balanced approach to carbohydrate consumption by replacing refined carbohydrates from sources like white flour, rice, and cane sugar with high-fiber foods like fresh vegetables, fruits, and whole grains. Our Carb Conscious recipes have 42g or less of net carbohydrates (total carbohydrates minus dietary fiber) per serving, a 25% reduction in net carbs compared to the average Blue Apron recipe served in 2019. Due to the natural variation in size of and contribution of produce in our recipes, some recipes can be badged as Carb Conscious at 45g or less net carbs per serving.

From the Test Kitchen

For this simple sheet pan recipe, rich salmon is coated with a sauce of vibrant pesto and creamy mayonnaise, topped with a sprinkle of breadcrumbs, then baked to achieve a crispy, flavorful crust.

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Nutrition

PER SERVING

Calories

650 Cals

View Full Nutrition

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Fast & Easy



fresh ingredients

4 Skin-On Salmon Fillets

1 lb Sweet Potatoes

¼ cup Mayonnaise

3 oz Radishes

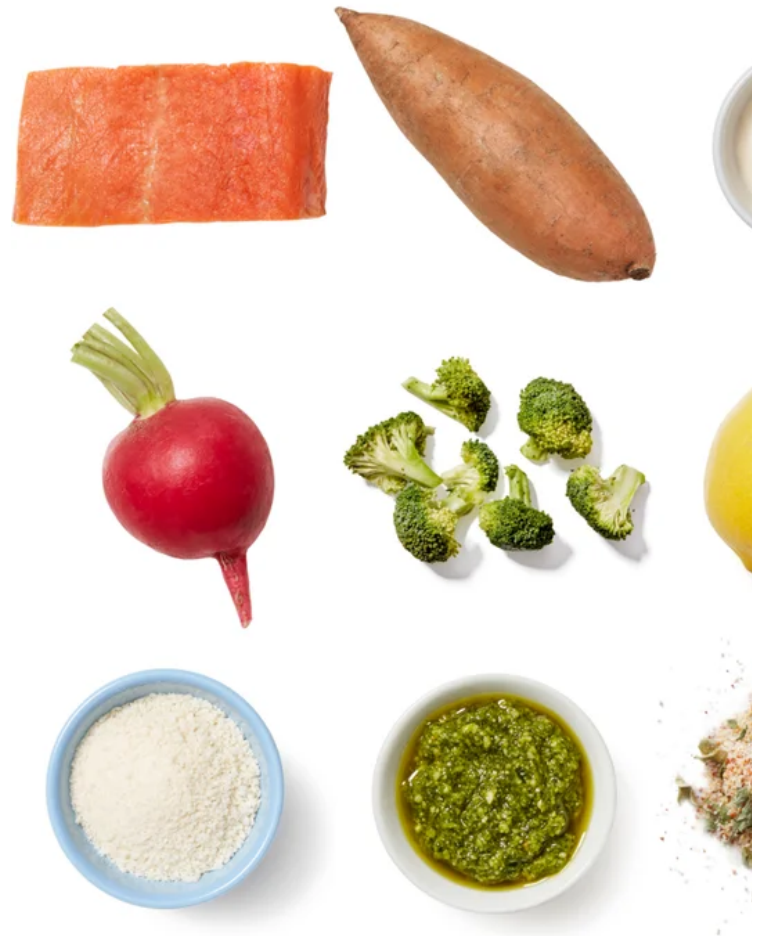
1 lb Broccoli Florets

1 Lemon

¼ cup Panko Breadcrumbs

½ cup Basil Pesto

1 Tbsp Weeknight Hero Spice Blend (Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley)



step-by-step instructions



1 Prepare & roast the vegetables

Preheat the oven to 450°F. Wash and dry the fresh produce. Quarter the **radishes** lengthwise. Large dice the **sweet potatoes**. Transfer the **quartered radishes**, **diced sweet potatoes**, and **broccoli florets** to a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer. Roast 26 to 28 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Coat the fish

Meanwhile, lightly coat a separate sheet pan with oil. In a bowl, combine the **pesto** and **mayonnaise**. Place **half the pesto mayo** in a separate bowl; set aside for serving. Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Place on the oiled sheet pan, skin side down. Evenly top with the **remaining pesto mayo** and **breadcrumbs** (pressing gently to adhere). Season with salt and pepper; drizzle with **olive oil**.



3 Roast the fish

Roast the **coated fish** 12 to 15 minutes, or until the breadcrumbs are lightly browned and the fish is cooked through.* Remove from the oven.
**The USDA recommends a minimum safe cooking temperature of 145°F for fish.*



4 Finish & serve your dish

Meanwhile, halve the **lemon** crosswise; remove the seeds. To the bowl of **reserved pesto mayo**, add the **juice of 1 lemon half**; stir to combine. Taste, then season with salt and pepper if desired. Evenly top the **roasted vegetables** with the **juice of the remaining lemon half**. Serve the **roasted fish** with the **finished vegetables** and **pesto sauce**. Enjoy!