



Recipix

Your food coach



Roasted Salmon

Tailored for Ivan

INGREDIENTS

- 1 (5-ounce) piece salmon, with skin
- * 1 teaspoon extra-virgin olive oil plus additional, for drizzling
- * 1/2 tablespoon chopped fresh chives
- * 1/2 tablespoon fresh tarragon leaves, optional

INSTRUCTIONS

Preheat oven to 425 degrees F.

Rub salmon all over with 1 teaspoon oil and season with salt and pepper. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes. Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin, then drizzle salmon with oil and sprinkle with herbs.

OTHER RECIPES:

Other Recipes:

Recipe 9: Orange Salmon with Rice

Recipe 10: Lemon-Pepper Salmon

Recipe based on the ingredients:

salmon, kimchi, ham, eggs, rice, beans, lentils, broccoli, cabbage, lettuce, mushroom, avocado, grapefruit, cantaloupe, apple