



Earth, Sea and Fire Salmon

allrecipes



Prep
15 m

Cook
45 m

Ready In
1 h

Recipe By: CynthiaRussell

"This dish is amazingly easy to make and the end result will just make you look super good! The secret of its great flavor is in the quality of the ingredients. It doesn't need much seasoning, for it would only disguise the flavor of this great combination of ingredients. Earth (potatoes, onions, roasted peppers), Sea (fresh salmon) and Fire (your favorite oven) make this a winning recipe that you all will love to try!"

Ingredients

2 tablespoons olive oil	8 ounces portobello mushrooms
4 (8 ounce) salmon fillets	1 tablespoon fresh lemon juice
4 medium potatoes, peeled and sliced	salt and pepper to taste
2 large red onions, sliced into rings	1 teaspoon sesame oil
1 jarred roasted red pepper, drained and cut into strips	

Directions

- 1 Preheat the oven to 350 degrees. Coat the bottom of a 9x13 inch baking dish generously with olive oil.
- 2 Arrange potato slices in a layer on the bottom of the baking dish. Season with a little salt and pepper. Place a layer of onions over the potatoes, then a layer of roasted peppers, seasoning each layer with salt and pepper as desired. Place salmon fillets over the vegetables in the dish, and season with lemon juice, salt and pepper. Place whole mushrooms over the fillets, and drizzle them with sesame oil.
- 3 Bake for 45 minutes in the preheated oven. Fish should flake easily with a fork, and potatoes should be tender.

Notes: I only used 3 potatoes. I put them in a pot, covered them with cold water, brought the water to a boil, boiled the potatoes for 30 minutes, cooled the potatoes for about 30 minutes, peeled the potatoes, and sliced them. Then, I put the potatoes in the baking dish. I only used one medium red onion. I sprinkled dill on the fish. I used olive oil and not sesame oil. I sliced the mushrooms. Also, I checked the fish periodically and stopped the cooking when the fish temperature reached 145 degrees.