



SALMON WITH A PARSLEY-CAPER SAUCE, LEMONY GREEK POTATOES, ROASTED BROCCOLI

INGREDIENTS

1.5 lbs yukon gold potatoes
¼ c + 1 TBSP + 3 TBSP + 1 TBSP olive oil
¼ c chicken broth (can substitute water)
¼ c + 1 TBSP fresh squeezed lemon juice (2-3 lemons)
1 tsp dried oregano
1 bunch broccoli, broccoli rabe, broccolini, or rapini
3 cloves of garlic

Fresh parsley (1 TBSP finely chopped)
2 tsp capers
1 scallion
1 lb salmon *wild, not farmed - either King Salmon, Sockeye Salmon, or equivalent
Salt & pepper to taste

INSTRUCTIONS

Preheat oven to 500*

PREP POTATOES: Scrub and peel potatoes. Slice each into 4-6 wedges.

On a rimmed sheet tray, add ¼ c olive oil, chicken broth (or water), ¼ c lemon juice and a sprinkle of kosher salt. Stir to combine. Add potatoes, tossing to coat in liquid, and ending cut side down on the tray. Sprinkle the top with 1 tsp dried oregano.

Put potatoes into the oven and cook for 45 minutes, flipping once halfway through, until the potatoes are fork tender on the inside and crispy on the outside. If they're not crispy enough at the end - don't worry! We can broil them quickly once everything else is out of the oven!

PREP BROCCOLI: Trim ends of broccoli. Grate or finely mince 1 garlic clove. Toss broccoli with 1 TBSP oil, a sprinkle of salt & pepper, and the garlic. Spread across a foil-lined baking sheet.

Put broccoli into the oven and cook for about 20 minutes, flipping once halfway through, until the tips are just starting to char.

PREP & COOK SALMON: Place salmon filet, skin side down, onto a piece of aluminum foil big enough to wrap around the whole piece of fish. Drizzle with 1 TBSP olive oil and seal the aluminum foil around the salmon tightly. Place the salmon packet into the oven on the tray with the broccoli.

The fish will cook for 10-15 minutes depending on thickness and preferred doneness (sockeye salmon, which is less fatty and usually a thinner filet, will cook for 10-12 minutes. King salmon, which is a bit more fatty and a thicker filet, will likely take 12-15 minutes).

PREP PARSLEY SAUCE: Finely chop parsley until you have 1 TBSP and set aside on cutting board. Finely chop 2 tsp capers and add to parsley pile. Finely chop 1 scallion and add to the pile with parsley and capers. Grate 2 cloves of garlic over pile. Run your knife through the pile a few more times until the parsley, capers, garlic and scallion are very well minced.

Add mixture to a bowl, add 3 TBSP olive oil and a sprinkle of salt.

Squeeze the juice of 1 lemon (about 1 tablespoon) into the parsley sauce just before serving and mix well.

PLATING: Remove potatoes & broccoli from the oven and arrange on serving platters. When salmon is done cooking, remove from the oven, sprinkle with flaky salt and a few turns of fresh cracked pepper.

Place the salmon on plates or serving platters (gently!) and spoon lemon parsley caper sauce over the filets. Enjoy!