

Peppered Salmon with New Potatoes

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A simple salmon dish that is bursting with flavor. Moist salmon fillets are baked atop boiled new potatoes to marry together the earthy and rich flavors. Pepper and lemon juice add a zesty kick, making the meal an instant hit!

Serve this versatile dish alongside a hearty salad or roasted vegetables such as carrots or beets.

Ingredients:

4 salmon fillets
1/2 lb new potatoes
1/4 lb peas
Juice of half a lemon
Freshly milled pepper
2 teaspoons of olive oil
1 tablespoon of parsley, chopped

Directions:

1. Pre-heat your oven to 375 degrees F (190 C).
2. Bring large pot of water to a boil. Add new potatoes and boil for 15 minutes or until easily pierced with a knife. When potatoes are nearly cooked, add peas for remaining 2-3 minutes. Remove and drain, and return to pan.
3. Lay salmon fillets on a foil lined baking tray. Squeeze lemon juice over each fillet, and sprinkle with pepper. Bake for 6-7 minutes.
4. Season potatoes and peas with pepper, oil and parsley. Crush roughly with wooden spoon.