

Grilled Salmon with vegetables

A delicious dinner that combines healthy salmon and vegetables on a single dish



Main Dish

20 min

Total time

Easy

Difficulty

391

kcal / serving

Ingredients

- 1/4 lb Salmon
- 2 Carrots
- 1/2 Onion
- 2 tsp Olive Oil
- Salt & Pepper to taste

Steps

- 1 Preheat oven to 375F.
- 2 Cut carrot and onion into thin slices.
- 3 Heat olive oil in a pan over medium-high heat. Add the vegetables and cook for 5 minutes, stirring occasionally.
- 4 Place the salmon on a baking sheet lined with parchment paper. Season both sides of the salmon with salt and pepper.
- 5 Add the cooked vegetables on top of the salmon and bake for 15 minutes.
- 6 Serve the grilled salmon with vegetables.