

One Pan Salmon with Broccoli and Bacon

This flavorful one pan dinner is quick and easy to make. Perfect for busy weeknights!



Main Dish

25 min

Total time

Easy

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 33 g

Carbs 8 g

Fat 32 g

Fiber 2 g · Sugar 2 g · Sodium 650 mg

Ingredients

- 1 salmon fillet
- 1/4 cup chopped bacon
- 1/2 cup broccoli florets
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- Salt and pepper to taste

Substitutions

Broccoli florets – Cauliflower florets

Olive oil – Avocado oil

Garlic powder – An equal amount of onion powder

Steps

- 1 Preheat oven to 400°F.
- 2 Heat a large oven-safe pan to medium-high heat. Add bacon and cook until crisp, stirring frequently. Set aside.
- 3 Place salmon fillet in the same pan and season with garlic powder, salt, and pepper.
- 4 Add olive oil to the pan and place broccoli florets around the salmon.
- 5 Bake for 15 minutes, or until the salmon is cooked through.
- 6 Sprinkle crisp bacon on top and serve.

Chef's tips

- Look for opaque flesh that separates into moist flakes; salmon can turn dry if left in the oven too long.
- Cut broccoli florets to a similar size so they soften evenly; very small pieces may become overly browned.
- Use a roomy oven-safe pan so the broccoli is not crowded and can roast rather than steam.

Drink pairing

A crisp, dry rosé

Its fresh acidity balances the bacon's savory richness while complementing the salmon.

0% option: Sparkling water with lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot; the salmon may become less moist.

Frequently asked questions

How can I tell when the salmon is done?

It should look opaque and separate into moist flakes when gently pressed with a fork. Check the thickest part, since a thin fillet cooks faster.

Can I use frozen salmon?

Thaw it fully in the refrigerator first and pat it dry so excess moisture does not interfere with browning.

What can I serve with this?

A simple green salad, crusty bread, or cooked grains make easy accompaniments without adding much preparation.