



Easy Prep! Tuscan Sheet Pan Salmon

with Olive & Tomato Salsa



40min



2 Servings

Earn that weeknight warrior status with this crowd-pleasing sheet pan supper. Potatoes, zucchini, and onions roast to golden brown while we season salmon filets with our herby Tuscan spice blend. The tender salmon quickly roasts before we melt a thin layer of Parmesan over top. Fresh tomato and olive salsa is the final savory and succulent condiment for this Mediterranean-inspired meal.

What we send

- 1 zucchini
- 2 potatoes
- 1 yellow onion
- ¾ oz Parmesan ⁷
- 1 lemon
- 1 oz Castelvetrano olives
- 1 plum tomato
- 10 oz pkg salmon filets ⁴
- ¼ oz Tuscan spice blend
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)

Tools

- rimmed baking sheet
- microplane or grater

Cooking tip

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Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1060kcal, Fat 74g, Carbs 60g, Protein 40g



1. Roast veggies

Preheat oven to 425°F with a rack in the lower third.

Halve **zucchini** lengthwise; cut into 1-inch half moons. Cut **potatoes** into 1-inch pieces. Halve **onion** and cut into ½-inch thick wedges. Toss vegetables with **¼ cup oil** on a rimmed baking sheet. Season with **salt** and **pepper**.

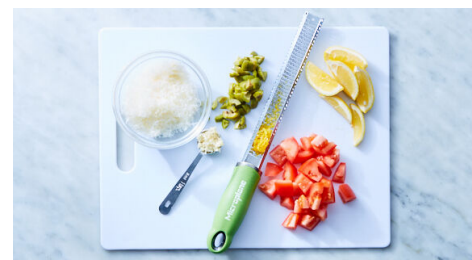
Roast on lower oven rack until browned underneath, about 20 minutes.



4. Roast salmon

Pat **salmon** dry; season with **salt** and **pepper** and rub with **Tuscan spice**.

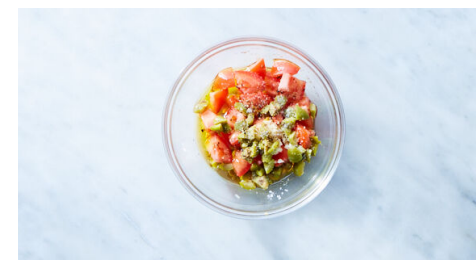
Flip **veggies** and place salmon on top. Drizzle top of salmon with **oil**. Return to lower oven rack and roast until salmon is cooked through and veggies are browned, 10 minutes more.



2. Prep ingredients

Meanwhile, finely grate **Parmesan**, if necessary. Zest **half of the lemon** and cut into wedges.

Finely chop **1 teaspoon garlic**. Remove any pits from **olives**, if necessary, and coarsely chop. Cut **tomatoes** into ½-inch pieces.



3. Make olive salsa

In a small bowl, combine **olives, tomatoes, chopped garlic, lemon zest, 3 tablespoons oil**, and **2 teaspoons vinegar**; season to taste with **salt** and **pepper**.



5. Finish

Sprinkle **veggies** with **Parmesan** (Optionally, switch oven to broil with a rack in the upper third. Broil until cheese is melted and begins to brown, 2-5 minutes. Watch closely as broilers vary).

Squeeze **some lemon juice** over **salmon and veggies** and spoon **olive salsa** over top.



6. Serve

Enjoy!