

Sheet Pan Salmon and Bell Pepper Dinner

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

An easy recipe for a quick dinner for weeknights with salmon bell peppers parsley and lemon that is ready in about 30 minutes I usually serve it with rice

Ingredients

- - 2 tablespoons olive oil - 4 (3 ounce) fillets salmon fillets - 2 red bell peppers
- chopped - 1 yellow bell pepper
- chopped - 1 onion
- sliced - 6 tablespoons lemon juice - 3 tablespoons olive oil - 2 tablespoons water - 1 tablespoon maple syrup - 5 cloves garlic - 1 ½ teaspoons salt - 1 ½ teaspoons red pepper flakes - 1 teaspoon ground cumin - ½ bunch fresh parsley
- chopped - 1 lemon
- sliced

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Grease a sheet pan with 2 tablespoons olive oil. Place salmon fillets
2. red and yellow bell peppers
3. and onion on the prepared sheet pan. Combine lemon juice
4. 3 tablespoons olive oil
5. water
6. maple syrup
7. garlic
8. salt
9. red pepper flakes
10. cumin
11. and parsley in a small bowl. Drizzle 2/3 of the sauce over the ingredients on the sheet pan. Bake in the preheated oven until salmon is cooked through and flakes easily with a fork
12. 10 to 15 minutes. Serve with lemon slices and remaining sauce.