

Roasted Salmon with Herbed Sweet Potatoes & Vegetables



Makes 4 to 6 servings

¼ cup olive oil

¼ cup finely chopped mixed fresh herbs such as chives, parsley, basil, tarragon

1 tbsp each Dijon mustard, finely grated lemon zest and lemon juice

1 tsp each sea salt and pepper

1 ½ lbs sweet potatoes, cut into 1 inch cubes

1 ½ salmon fillet

Fresh asparagus

Fresh bell peppers, cleaned and quartered

1. Preheat oven to 425°F (220°C)
 - Whisk oil with herbs, mustard, lemon zest, lemon juice, sea salt, pepper until well combined.
 - Toss sweet potatoes with 2 tbsp of oil mixture
 - Spread out on a rimmed baking sheet lined with parchment paper
 - Roast for 20 minutes
2. Brush 2 tbsp of oil mixture over salmon
 - Push potatoes to edges of sheet, centre salmon in the middle
 - Roast for 10 minutes
3. Toss asparagus and peppers with remaining oil mixture
 - Arrange along side of potatoes (you may need to use a second baking sheet for the vegetables)
 - Roast for an additional 10 minutes or until potatoes are fork tender and fish flakes easily with a fork