

Sheet Pan Salmon and Asparagus with Mozzarella and Garlic Potatoes

Grilled Salmon & Cheesy Asparagus Tray



OVEN
400°F

TIME
10 min

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INGREDIENTS

- 2 salmon fillets (5-6 oz each)
- 2 cups baby potatoes, whole or halved
- 1 bunch asparagus, ends trimmed
- $\frac{1}{2}$ cup shredded mozzarella (or any melty cheese)
- 2 tbsp olive oil, divided
- 1 clove garlic, minced
- 1 tsp smoked paprika
- Salt and black pepper, to taste
- 1 tbsp chopped parsley, for garnish
- Lemon wedges, optional, for serving

DIRECTIONS

1. Step 1: Roast the Potatoes: Preheat oven to 400°F (200°C).
2. Toss baby potatoes with 1 tbsp olive oil, garlic, salt, and pepper.
3. Spread on a baking tray and roast for 25-30 minutes, or until golden and crisp.
4. Step 2: Grill or Pan-Sear the Salmon: Pat salmon fillets dry and season with smoked paprika, salt, and black pepper.
5. Heat 1 tbsp olive oil in a skillet or grill pan over medium-high heat.
6. Sear salmon for 4-5 minutes per side, until the skin is crispy and the flesh flakes easily. Set aside and tent with foil to keep warm.
7. Step 3: Prepare the Asparagus: Toss trimmed asparagus with a drizzle of olive oil, salt, and pepper.
8. Add to the baking tray during the last 10-12 minutes of roasting time.
9. In the final 3-5 minutes, sprinkle shredded cheese on top and broil until melted and bubbly.
10. Step 4: Assemble the Plate: On a large serving platter or tray, arrange the crispy potatoes, cheesy asparagus, and grilled salmon.
11. Sprinkle with chopped parsley and serve with lemon wedges, if desired.

TIPS FOR SUCCESS

Use a meat thermometer for perfect salmon: 125°F (52°C) for medium.

Add a squeeze of lemon juice to the salmon just before serving.

Choose thick asparagus stalks to prevent overcooking under the broiler.

Swap mozzarella for Gruyère or fontina for an upscale twist.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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