

Healthy Lemon Garlic Salmon with Potatoes and Broccoli

Lemon Salmon with Crispy Potatoes and Broccoli - Zesty, Crispy & Full of Flavor



OVEN
400°F

TIME
40 min

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INGREDIENTS

4 salmon fillets (about 5-6 oz each)
1 lb baby potatoes, halved
2 cups broccoli florets
2 tbsp olive oil
2 cloves garlic, minced
1 lemon, zest and juice
Salt & black pepper, to taste
Optional garnish: chopped parsley or lemon slices

DIRECTIONS

- 1.** Preheat Oven: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper or foil for easy cleanup.
- 2.** Roast the Potatoes: Toss halved baby potatoes with 1 tbsp olive oil, salt, pepper, and half the minced garlic. Spread on the baking sheet in a single layer. Roast for 15 minutes.
- 3.** Prep the Salmon and Broccoli: While the potatoes roast:
- 4.** Season salmon fillets with salt, pepper, lemon zest, and a drizzle of olive oil.
- 5.** Toss broccoli florets with remaining olive oil and garlic.
- 6.** Slice half the lemon into thin rounds.
- 7.** Add to Pan and Continue Roasting: Remove the potatoes from the oven. Add the broccoli and salmon to the sheet pan. Top salmon with lemon slices. Return to the oven and roast everything for 15-18 minutes, or until the salmon flakes easily and the potatoes are golden and tender.
- 8.** Serve: Drizzle with fresh lemon juice and garnish with chopped parsley if desired. Serve immediately and enjoy the crispy, juicy, zesty goodness.

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

Original recipe: <https://chefmaniac.com/healthy-lemon-garlic-salmon-with-potatoes-and-broccoli/>