

Sheet Pan Salmon & Veggies: Your Easiest Dinner Solution

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OVEN
400°F

TIME
12-18 min

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Recipe Card

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INGREDIENTS

- 4 (6-ounce) salmon fillets, skin on or off
- 1 pound asparagus, woody ends trimmed
- 1 pint cherry tomatoes
- 1 small red onion, cut into wedges
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried dill (or 1 tablespoon fresh dill, chopped)
- 1/2 teaspoon paprika
- Salt and freshly ground black pepper to taste
- Lemon wedges, for serving
- Fresh parsley or dill, chopped, for garnish (optional)

DIRECTIONS

- 1.** Preheat : Oven & Prep Pan: Preheat your oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper for easy cleanup.
- 2.** Prep : Veggies: In a large bowl, combine the trimmed asparagus, cherry tomatoes, and red onion wedges. Drizzle with 1 tablespoon of olive oil, season with salt and pepper, and toss to coat.
- 3.** Prep : Salmon: Pat the salmon fillets dry with paper towels. In a small bowl, whisk together the remaining 1 tablespoon of olive oil, minced garlic, lemon juice, dried dill, and paprika. Season the salmon fillets generously with salt and pepper, then brush them with the oil and herb mixture.
- 4.** Arrange on : Sheet Pan: Spread the seasoned vegetables in a single layer on the prepared baking sheet. Place the salmon fillets among the vegetables, ensuring they are not overcrowded.
- 5.** Roast: Roast for 12-18 minutes, depending on the thickness of your salmon and your desired doneness. The salmon should flake easily with a fork, and the vegetables should be tender-crisp.
- 6.** Serve: Remove the sheet pan from the oven. Garnish with fresh parsley or dill, and serve immediately with fresh lemon wedges.

SWAPS & NOTES

Protein: While salmon is the star here, you could easily swap it for other quick-cooking fish like cod or halibut, or even chicken tenders (though cooking times will vary).

Vegetables: The beauty of sheet pan meals is their flexibility!

Feel free to use broccoli florets, bell pepper strips, zucchini slices, or Brussels sprouts.

Just ensure they are cut into similar-sized pieces for even

cooking.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: Give your ingredients space!

If the pan is too crowded, the vegetables will steam instead of roast, leading to a less desirable texture.

Pat Salmon Dry: Dry salmon fillets will get a better sear and crispier skin (if left on).

Evenly Sized Veggies: Cut your vegetables into roughly uniform sizes so they cook at the same rate.

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

Original recipe: <https://chefmaniac.com/sheet-pan-salmon-veggies-your-easiest-dinner-solution/>