

## Baked Salmon with Roasted Potatoes and Asparagus: Your New Favorite One-Pan Meal

Easy Baked Salmon: Flaky Salmon with Roasted Veggies and Melted Parmesan



**OVEN**  
**400°F**

**TIME**  
**20 min**

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**SAVE**  
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### INGREDIENTS

For the Salmon: 4 salmon fillets (about 6 oz each)  
2 tbsp olive oil  
2 cloves garlic, minced  
1 lemon, sliced  
Salt and black pepper to taste  
Fresh dill or parsley for garnish (optional)  
For the Baby Potatoes and Asparagus: 1 pound baby potatoes, halved  
1 bunch asparagus, trimmed  
3 tbsp olive oil, divided  
1 cup grated Parmesan cheese

#### Swaps & Notes:

**Salmon:** You can use any type of salmon fillet, but a thicker cut will be more forgiving and less likely to dry out. Cod or halibut are great alternatives.

**Potatoes:** While baby potatoes are ideal, you can use any potato cut into 1-inch pieces. Just adjust the roasting time as needed.

**Asparagus:** Broccoli florets or green beans would be excellent substitutes for the asparagus.

**Cheese:** Freshly grated Parmesan cheese melts best, but pre-shredded will work. A sprinkle of crumbled feta or goat cheese would also be delicious.

**Herbs:** Fresh dill pairs perfectly with salmon, but parsley or chives would also be wonderful additions.

### DIRECTIONS

- 1. Preheat the : Oven:** Preheat your oven to 400°F (200°C).
- 2. Prepare the : Potatoes:** On a large, lined baking sheet, toss the halved baby potatoes with 2 tablespoons of the olive oil, salt, and pepper. Spread them in a single layer.
- 3. Initial : Roast:** Place the baking sheet with the potatoes in the preheated oven and roast for 20 minutes.
- 4. Prep : Salmon and Asparagus:** While the potatoes are roasting, arrange the salmon fillets on a separate lined baking sheet. Drizzle with 2 tablespoons of olive oil, sprinkle with minced garlic, and season with salt and pepper. Lay lemon slices on top of each fillet.
- 5. Add : Asparagus and Finish Roasting:** After the potatoes have roasted for 20 minutes, take the tray out. Add the trimmed asparagus to the potato tray. Drizzle the remaining 1 tablespoon of olive oil over the asparagus and toss to coat.
- 6. Bake : Everything Together:** Place both the salmon tray and the potato-asparagus tray back in the oven. Roast for another 10-12 minutes, or until the salmon flakes easily with a fork and the asparagus is tender-crisp.
- 7. Combine and : Serve:** Remove both trays from the oven. Immediately sprinkle the grated Parmesan cheese over the hot asparagus and potatoes, allowing the residual heat to melt the cheese. Serve the salmon with the roasted vegetables on the side. Garnish with fresh dill or parsley if desired.

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### TIPS FOR SUCCESS

Don't Overcook the Salmon: Salmon is best when it's just cooked through.

Overcooking will make it dry and tough.

The best way to tell is to use a fork-it should flake easily in the center.

Single Layer: When roasting the vegetables, make sure they are in a single layer on the baking sheet.

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

Original recipe: <https://chefmaniac.com/baked-salmon-with-roasted-potatoes-and-asparagus-your-new-favorite-one-pan-meal/>