

The Best One-Pan Salmon with Roasted Veggies

If you love easy dinners that feel fresh, flavorful, and a little bit elegant, this



OVEN
425°F

TIME
30 min

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INGREDIENTS

- 4 salmon fillets (6 ounces each)
- 1 pound baby potatoes, halved
- 1 bunch asparagus, trimmed
- 1 zucchini, sliced into rounds
- 3 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon dried Italian seasoning
- 1 lemon, sliced
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley

DIRECTIONS

- 1. Preheat and Prep:** Preheat your oven to 425°F. Line a large rimmed baking sheet with parchment or foil.
- 2. Roast the Potatoes:** Toss halved baby potatoes with 1 $\frac{1}{2}$ tablespoons olive oil, half the garlic, $\frac{1}{2}$ teaspoon salt, and ... teaspoon black pepper. Spread evenly on the sheet pan and roast for 10 minutes.
- 3. Add the Vegetables:** Remove the pan and add asparagus and zucchini. Toss with remaining olive oil, garlic, salt, pepper, and Italian seasoning.
- 4. Add the Salmon:** Push vegetables to the sides and place salmon fillets in the center. Drizzle with lemon juice and top each fillet with lemon slices.
- 5. Finish Baking:** Return to the oven and bake 8-10 minutes, until salmon flakes easily and reaches 125-130°F for medium.
- 6. Garnish & Serve:** Sprinkle with fresh parsley and serve immediately.

SWAPS & NOTES

& Easy Swaps Salmon: Skin-on fillets help lock in moisture.
Vegetables: Swap zucchini for broccoli or green beans.

Italian seasoning: Use dried oregano and thyme if needed.
Extra brightness: Add lemon zest before baking.

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

Original recipe: <https://chefmaniac.com/the-best-one-pan-salmon-with-roasted-veggies/>