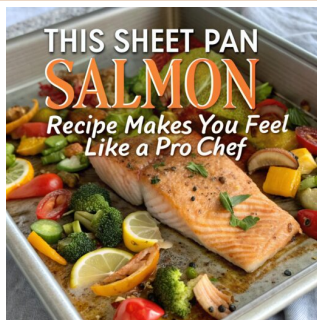


## This Sheet Pan Salmon Recipe Makes You Feel Like a Pro Chef

There are several reasons why this sheet pan salmon recipe stands out from the rest:



**OVEN**  
**400°F**

**TIME**  
**20 min**

**TEMP**  
**145°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 salmon fillets (about 6 ounces each)
- 2 cups of broccoli florets
- 1 cup of cherry tomatoes, halved
- 1 red bell pepper, sliced
- 3 tablespoons of honey
- 3 tablespoons of soy sauce
- 2 cloves of garlic, minced
- 1 tablespoon of olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

### DIRECTIONS

- 1. Preheat the : Oven:** Start by preheating your oven to 400°F (200°C). This ensures that your salmon and vegetables cook evenly.
- 2. Prepare the : Marinade:** In a small bowl, whisk together the honey, soy sauce, minced garlic, olive oil, salt, and pepper. This marinade is the secret to the dish's incredible flavor.
- 3. Arrange the : Ingredients:** On a large sheet pan, place the salmon fillets in the center. Surround them with the broccoli, cherry tomatoes, and red bell pepper. Drizzle the marinade over everything, making sure to coat the salmon and vegetables well.
- 4. Bake:** Place the sheet pan in the preheated oven and bake for 15 minutes, or until the salmon flakes easily with a fork and the vegetables are tender.
- 5. Garnish and : Serve:** Once out of the oven, sprinkle fresh parsley over the dish for a pop of color and serve immediately. Enjoy your gourmet meal!

### TIPS FOR SUCCESS

**Use Fresh Ingredients:** Fresh salmon and seasonal vegetables will elevate the dish.

**If you can,** visit a local farmer's market for the best produce.

**Experiment with Flavors:** Feel free to add spices like paprika or chili flakes for an extra kick.

**You can also substitute** the honey with maple syrup for a different sweetness.

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

Original recipe: <https://chefmaniac.com/this-sheet-pan-salmon-recipe-makes-you-feel-like-a-pro-chef/>