



Salmon Fillet with Mushrooms and Zucchini



2 servings



30 minutes

INGREDIENTS

- 2 salmon fillets (about 6 oz each)
- 1 medium zucchini, sliced into rounds
- 1 cup mushrooms, sliced (button or cremini work well)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon (half for juice, half for slices)
- Salt and pepper to taste
- Fresh dill or parsley for garnish (optional)

1. Preheat your oven to 400°F (200°C). Pat the salmon fillets dry with paper towels. Drizzle 1 tablespoon of olive oil over the salmon fillets. Squeeze half of the lemon over the fillets. Season the fillets with salt and pepper. Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Add lemon slices on top of each fillet for added flavor. Bake the salmon in the preheated oven for about 12-15 minutes, or until the salmon flakes easily with a fork. If you want the salmon well-done, you can leave it in the oven 10 more minutes.
2. Slice the zucchini into rounds and the mushrooms into slices. Mince the garlic. Using a vegetable peeler to slice the zucchini into thin ribbons adds a delicate texture and enhances the presentation of your dish.
3. In a large skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.
4. Add the sliced mushrooms and zucchini to the skillet. Season with salt and pepper, and sauté for about 5-7 minutes until the vegetables are tender and slightly browned.
5. Once the salmon is done, remove it from the oven. Plate the sautéed mushrooms and zucchini, then place a salmon fillet on top. Garnish with fresh dill or parsley if desired. Serve immediately with additional lemon wedges on the side.