

Simple Olive Oil Baked Salmon & bonus crunchy green salad

Serves 4-6

(double if need more)

This dish is a riff off Alison Roman's poached olive oil Salmon, I just loved how simple she made it. The salmon is a great crowd pleaser too, so if you are having a dinner party fish is a really easy way to go, you don't even need to temp the fish, or fuss it will be dry the olive oil keeps it light and moist.

Helpful Tools:

Large ceramic baking dish shape doesn't matter
Large bowl for your salad
2 cutting boards (I recommend a plastic one for the fish, actually any meat please)
Jam jars with lids or a mixing container for salad dressing

Ingredients:

About 2-6 lbs fresh wild salmon filets, skin on
(cleaned and patted dry)
1 lemon thinly sliced
A lot of EVOO,
(Enough to coat all the salmon in the baking dish
and for your salad)
Garlic whole cloves skin on (about 3-4)
Pats of butter for the top (optional)
1-3 whole lemons
(for salad and salmon)

About 2 1/2 half to 3 big handfuls of fresh mixed green lettuce
1 handful fresh arugula
1 clove crushed garlic
2 small Persian or English cucumbers, thinly sliced and lightly salted
1 avocado, thinly sliced
4-5 radish thinly sliced
Optional two thinly sliced celery (skip the leaves)
Salt Pepper to taste
1 lemon
White Vinegar
Red wine vinegar
Crushed red pepper, Dried basil, Dried oregano, Dried thym

METHOD:

Preheat your oven to 325 F.

In a baking dish place salmon filets skin side down, flesh up. Pour a generous amount of olive oil all over the salmon, coming up the sides a little. Season with Kosher Salt and pepper. Slice lemons and put on top. Put pats of unsalted butter over the lemons (optional) if you'd like you can also add herbs, or garlic cloves around the fish.

Bake for 20-30 min until the salmon falls apart with a fork. Enjoy with a salad!

PS keep your oil and store in the fridge to use for roasting veggies or cooking with!

While the salmon is roasting, make your dressing and Salad.

In a mason jar or jam jar with lid put the following;

About 6 tablespoons EVOO, 1/2 tablespoon white vinegar, 1/2 tablespoon red wine vinegar, about teaspoon or splash of lemon, crushed garlic, a pinch of dried basil, thyme, and oregano. Pinch of salt and pepper. Put the lid on and shake, shake, shake until combined.

Double, or triple it if you want extra. You can leave on your counter just take out the garlic, or store in the fridge if keeping the garlic clove in.

PRO TIP: DON'T Dress your salad until you are about to sit down to eat, but you can add a pinch of salt to all the chopped ingredients and let them marinate for a bit before putting your salad together.

Put all the Salad ingredients above into a big serving bowl. Toss with your dress, and toss the salad together until combined. Taste to see if you need more EVOO, LEMON or salt and pepper.

When the fish is done, arrange on a nice plate, and serve with your salad. Maybe some crusty bread or boiled potatoes.

