GREEK · DINNER · LUNCH

Greek Baked Salmon Plaki with Tomatoes and Onions

Solomós plakí

55 min · Serves 6 · 462 kcal a serve · Video 7:43 · Dimitra's Dishes

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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36 g protein and under 12 g net carbs a serve, very rich in omega-3, vitamin D, B12 and selenium: salmon baked under a slow-cooked tomato and onion sauce with olive oil and a few olives. Paleo with the honey option; for DASH, keep added salt to a pinch a serve.

Diet notes: Low saturated fat (5.1 g, 9.9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Ingredients 12 · SERVES 6

- [ ] 1 large **onion**, halved and thinly sliced
- [ ] ¼ cup **olive oil**
- [ ] 4 **garlic** cloves, grated
- [ ] 28 oz diced or **crushed tomatoes**
- [ ] ½–1 tsp **granulated sugar or honey**
- [ ] ¼ tsp **crushed red pepper flakes**, or to taste
- [ ] **Salt**: salt and ¼ tsp black pepper, to taste (for the sauce)
- [ ] about 2½ lb **salmon fillets**
- [ ] **salt and black pepper**, to taste (for the fish)
- [ ] 8–10 **pitted Kalamata olives**
- [ ] 2 tbsp finely chopped **fresh parsley**
- [ ] ½ tsp **dried crushed oregano**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the onion and slice it thinly. 0:41
2. Cook the onion in the olive oil with a pinch of salt in a saucepan over medium-high heat about 10 minutes, until soft and golden. Grate the garlic meanwhile. 1:20
3. Stir in the garlic just to warm it, then add the tomatoes, sugar or honey, black pepper, chilli flakes and a little salt. Simmer over medium heat 10–15 minutes, until slightly thick. Heat the oven to 400°F. 2:03
4. Season the salmon fillets on both sides with salt and pepper. 3:14
5. Spread most of the sauce over the bottom of a 9×13 inch dish, lay the salmon on it skin side down and spoon the rest of the sauce over the top. 3:47
6. Scatter over the olives and bake on the centre rack about 25 minutes, until the salmon flakes easily. 4:46
7. Sprinkle with the parsley and dried oregano and serve with lemon wedges. 5:18

Tip Serve with roasted vegetables, a salad or cauliflower rice to keep it light.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
462 kcal	36 g	15 g	3.5 g	29 g	800 mg
1,930 kJ	72% of a day	12 g net · 7.6 g sugars	13% of a day	5.1 g saturated	35% of a day
		5% of a day		37% of a day	

Energy from net carbs 11% · protein 32% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 222% · Vitamin B12 176% · Selenium 116% · Vitamin D 83% · Vitamin B6 65% · Vitamin E 57% · Vitamin K 27% · Vitamin C 26% · Potassium 22%

Source of (10–19%) Folate 18% · Magnesium 17% · Iron 15% · Vitamin A 14% · Zinc 10%

Recipe and video: Dimitra's Dishes on YouTube — youtube.com/watch?v=nqOw2fEqZJg. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dimitras-baked-salmon-plaki