AMERICAN · DINNER

One-Pan Salmon with Asparagus and Potatoes

35 min · Serves 4 · 442 kcal a serve · Video 4:39 · Gifty's Kitchen Delights

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

Salmon supplies omega-3 fats, vitamin D and high-quality protein; asparagus adds folate and vitamin K, and skin-on baby potatoes bring potassium and fibre. No butter or creamy sauce needed.

Diet notes: Low saturated fat (4.4 g, 9% of the energy); DASH-friendly (470 mg sodium a serve).

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Ingredients 11 · SERVES 4

- [ ] 4 **salmon fillets** (about 1¼ lb raw)
- [ ] 1 tbsp **blackened seasoning** (the cook's mix of paprika, garlic powder, brown sugar, black pepper, cumin, oregano and cayenne)
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] **lemon slices and wedges** (4 of each)
- [ ] 3 tbsp **olive oil**
- [ ] 1 bunch **asparagus**, trimmed
- [ ] 12 oz **gold baby potatoes**
- [ ] **garlic powder**, to taste (about 1 tsp)
- [ ] ½ tsp **dried oregano**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste

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. Heat the oven to 450°F and line a sheet pan with baking paper. Boil the baby potatoes in salted water for 7–8 minutes, then drain. 1:20
2. Mix 1 tbsp olive oil with the blackened seasoning, the juice of half the lemon and a little salt. Brush it all over the salmon fillets and set aside. 1:31
3. Toss the asparagus with 1 tbsp oil, pepper, garlic powder and salt. Toss the potatoes with the last tbsp of oil, pepper, garlic powder, salt and oregano. 2:15
4. Spread the salmon, asparagus and potatoes in one layer on the tray. Squeeze over the remaining lemon juice, lay lemon slices on the fish and tuck the wedges around. 3:20
5. Bake for 15–18 minutes, until the salmon flakes easily and the potatoes are golden. 3:53

> **Tip** Serves 4 (our estimate: one fillet each). The cook's homemade blackened seasoning has a little brown sugar; leave it out if you like. Halve larger potatoes so they finish with the fish.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
442 kcal	31 g	24 g	4.5 g	25 g	470 mg
1,850 kJ	62% of a day	19 g net · 3.2 g sugars	16% of a day	4.4 g saturated	21% of a day
		9% of a day		32% of a day	

Energy from net carbs 18% · protein 29% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 179% · Vitamin B12 140% · Selenium 95% · Vitamin D 66% · Vitamin B6 65% · Vitamin E 49% · Vitamin K 39% · Folate 27% · Vitamin C 26% · Potassium 25% · Iron 20%

Source of (10–19%) Magnesium 18% · Vitamin A 16% · Zinc 12%

Recipe and video: Gifty's Kitchen Delights (@GiftysKitchenDelights) on YouTube — youtube.com/watch?v=FQQpIUaSqY0, published 16 October 2020. 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/giftys-one-pan-salmon-asparagus-potatoes