



Roasted salmon with potatoes

15'
Hands on

70'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- **Cut** the potatoes into 2-3 cm pieces and add them to a [baking pan](#).
- Add the orange and lemon juice, the chili flakes, the cumin, the oregano, the garlic finely chopped, salt, pepper, the olive oil, the rosemary, and mix.
- Add the water and cover with aluminum foil.
- Bake for 45 minutes.
- Remove from the oven and add the chervil into the pan, cut into pieces.
- Mix and set aside.

For the salmon

- Add the chili flakes, the cumin, the turmeric, the olive oil, salt, and pepper to the salmon fillets and spread over their surface.
- Transfer to the baking pan on top of the potatoes and roast for 20-25 minutes.
- Remove and serve.

Ingredients

For the potatoes

- 1 kilo potatoes
- orange juice, of 1 orange
- lemon juice, of 1 lemon
- 1 teaspoon(s) chili flakes
- 1 tablespoon(s) cumin
- 1 tablespoon(s) oregano
- 2 clove(s) of garlic
- salt
- pepper
- 2 tablespoon(s) olive oil
- 1 sprig(s) rosemary
- 100 g water
- 1 bunch chervil

For the salmon

- 1 kilo salmon, fillet
- 1 teaspoon(s) chili flakes
- 1 tablespoon(s) cumin
- 1 tablespoon(s) turmeric
- 2 tablespoon(s) olive oil
- salt
- pepper

To serve

- lemon
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

433 Calories (kcal)	23.0 Total Fat (g)	4.1 Saturated Fat (g)	25.0 Total Carbs (g)
22%	33%	21%	10%
2.1 Sugars (g)	31.0 Protein (g)	3.6 Fibre (g)	0.76 Sodium (g)
2%	62%	14%	13%