

Roasted Salmon with Blistered Tomatoes and Lemon (Keto)



SIZE

For 2

PREPARATION

30 min

DIFFICULTY



Level 1



This keto roasted salmon might be the most bang-for-your-effort dish you'll ever make.

Ingredients

- 1** lb. salmon (either 1 large piece or cut into 2)
- kosher salt & pepper to taste
- 1** Tbsp extra virgin olive oil
- 1** jar not just pasta sauce
- 1** lemon, half thinly sliced
- 1** pint cherry tomatoes, halved
- 3** Tbsp capers
- 1/2** cup torn basil, plus more to serve

Process

1

Preheat the oven to 425 with a rack in the middle position. Mist a 9×13 baking dish with cooking spray or grease lightly with olive oil.

2

Place the salmon, skin side down, in the center and season with salt and pepper. Drizzle the salmon with the oil, rubbing it into the flesh with your fingers, and then pour the not just pasta sauce on top, covering the entire surface of the salmon. Place the lemon slices on top of the salmon, leaving the remaining lemon half to squeeze over the salmon before serving.

3

Scatter the tomatoes and capers around the salmon and season with salt and pepper. Top the salmon with the torn basil and place in the oven until flakey and cooked through, about 15-20 minutes depending on the thickness of your salmon.

4

Serve the salmon with the blistered tomatoes and capers and garnish with more torn basil and remaining lemon.