



Mediterranean Salmon

SERVINGS: 6 - 8

PREPPING TIME: 5 MIN

COOKING TIME: 90 MIN

Ingredients

- 4 Heartland Wild-Caught Sockeye Salmon
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 1 teaspoon cracked black pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons smoked paprika
- 3 garlic cloves, minced
- 3 tablespoons Extra virgin olive oil + more for skillet
- 2 tablespoons lemon juice
- 1 1/2 tsp fine sea salt or kosher salt

Mediterranean Topping:

- 1 cup halved cherry tomatoes
- 2/3 cup green ripe olives, pitted and halved
- 1/2 English cucumber, diced
- 1/4 cup fresh chopped parsley
- 1/2 cup crumbled feta cheese
- Olive oil
- Sea or Kosher salt
- Cracked black pepper

Directions

1. Preheat the oven to 425 F.
2. In a medium bowl, mix together the oregano, thyme, coriander, cumin, smoked paprika, garlic, olive oil and lemon juice. Spread evenly over the filets.
3. Line a sheet pan with parchment paper and arrange fillets evenly. Bake salmon for 12-14 minutes, or until it flakes off easily with a fork.
4. While salmon is cooking, add cherry tomatoes, green ripe olives, cucumber, parsley, feta cheese, a drizzle of olive oil and season to taste with kosher salt and cracked black pepper. Mix together and set aside to top salmon.
5. Transfer salmon to a serving platter and top evenly with Mediterranean topping.



This 15-minute Mediterranean salmon recipe features flaky, tender, flavorful salmon topped with a rainbow of toppings. Baked in the oven for a healthy, delicious and gorgeous meal elegant enough to serve at any dinner party.