THE LIGHTER PLATE METHOD

Sheet-Pan Harissa Salmon with Roasted Vegetables

Smoky harissa does most of the work here, and the whole thing cooks on a single tray.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**20 min**	**30 min**	**2**	**EASY**

Ingredients

- 2 salmon fillets
- 2 tbsp harissa paste
- 1 red pepper (sliced)
- 1 courgette (sliced)
- 1 red onion (cut into wedges)
- 1 tbsp olive oil

Method

1. Preheat the oven to 200°C (fan 180°C).
2. Toss the pepper, courgette and red onion with the olive oil and a pinch of salt on a large baking tray. Roast for 10 minutes.
3. Push the vegetables to one side, add the salmon fillets to the tray and brush the tops with harissa paste.
4. Roast for a further 10–12 minutes until the salmon flakes easily and the vegetables are tender.

Tips & swaps

- No harissa? A mix of smoked paprika, chilli flakes and a squeeze of lemon works well instead.
- Cod or trout can be used in place of salmon.

Storage & reheating

Best eaten fresh, but leftovers keep for a day in the fridge — flake the salmon through a salad rather than reheating whole.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

385	**32g**	**14g**	**24g**	**5g**

Estimated values, for guidance only. Contains: Fish.