

## **SHEET PAN DINNER: DIJON SALMON WITH GARLICKY GREEN BEANS**

**4 servings**

*You could easily sub asparagus for the green beans, though it might take somewhat less time to cook. Thickly sliced or cubed zucchini would also be fine. My directions call **2 pans and for starting the green beans 10 minutes before the salmon**---which should make the salmon close to medium-rare. If you'd like the salmon medium, cook them both together--salmon on the top rack, beans on the center rack. As always with fish, you must use your own good sense as some sides of salmon are larger or thicker than others. No fear here! (Cook's Notes on page 2)*

- 1 pound green beans, trimmed and patted dry
- 4 ounces sliced button or other mushrooms
- olive oil
- Kosher salt, fresh ground pepper
- 2 cloves garlic, minced
- Pinch crushed red pepper or Aleppo pepper, if you have it
- Side of salmon--approximately one pound
- 2 tablespoons Dijon-style mustard
- 1/2 small red onion, sliced thinly
- 4 small, sliced ripe tomatoes seasoned with black pepper (garnish)

*Preheat oven to 425 degrees Fahrenheit. Adjust racks so that one is at center and one is above.*

### **PREPARE AND ROAST GREEN BEANS:**

In a large bowl, toss the beans with mushrooms, 2 tablespoons olive oil, 1/2 teaspoon kosher salt, 1/4 teaspoon fresh ground pepper, and a pinch of crushed red or Aleppo pepper. Turn the beans and mushrooms out evenly onto a 1/2 sheet pan ( approx. 13"x18"x1"). Place on lower rack of oven and roast for 10 minutes before adding salmon. *Meanwhile, prepare salmon.*

### **PREPARE AND ROAST SALMON:**

Cover a second 1/2 sheet pan with two overlapping sheets of foil across the shorter side (13 inches) that extend 3-4 inches on each side of pan. Place salmon, skin side down, at center, lengthwise. Dry the fish a bit with paper towels. Brush salmon evenly with Dijon-style mustard and season with 1/4 teaspoon each kosher salt and fresh ground pepper. Spread slices of red onion evenly on top of fish. Fold the sides of the foil up and around the fish, completely sealing to create an airtight package. Place on upper rack of oven and roast for 15 minutes or until barely firm but still juicy. (Does it flake when tested with a fork? It's done.) Let rest a minute or two before cutting into pieces. *FYI: USDA says 145 degrees for salmon; many chefs prefer stopping cooking at 125 degrees F; the fish will come up a few degrees while rating.*

### **SERVE:**

The entire meal should be done in 20-25 minutes. Slice salmon and serve on warm plates with mushroom-green bean mixture and small sliced tomato for garnish.

**Cook's Note:** Many stores have a good-value frozen side of Sockeye (or other) salmon. To thaw: place the salmon in its plastic wrapper in a large pan or sink of cold water for about an hour before roasting. The easy thing about this is that you can keep salmon in your freezer for when you need it. There's not always time to run to the store for fresh fish, which may have been previously frozen anyway. You can sub sliced lemons for the onions or use both.

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