

Crispy Salmon With Roasted Leeks and Fennel

Ingredients

- 2 tsp. Olive oil
- 2-3 fennel bulbs – sliced, -
- including the fronds for garnish
- 3-4 large leeks – thinly sliced
- Salt and pepper
- 4-6 salmon fillets
- 1 tbsp. fresh thyme leaves – chopped
- Juice of 1 lemon
- Parsley for garnish



Preparation

1. Preheat an oven to 400°.
2. Cut off the stems and fronds from the fennel bulbs.
3. Chop the fronds and keep some aside for garnish.
4. Cut each fennel bulb in half lengthwise and remove the tough core.
5. Cut the bulbs crosswise into thin slices.
6. Slice the leeks into thin pieces, including a small portion of the green parts.
7. Rinse to remove any sand or dirt.
8. Scatter the sliced leeks and the sliced fennel bulbs evenly in a baking dish.
9. Lightly season with salt, pepper, and the chopped thyme and drizzle with olive oil.
10. Toss to coat evenly and roast in the oven for about 15 minutes while you prepare the salmon.
11. Heat a cast-iron pan with oil at medium-high heat.
12. Season the salmon with salt and pepper and sear for 5 minutes on one side until a crispy layer has formed.
13. Place the salmon on top of the fennel and leeks and cook until opaque and the vegetables are browned and tender.
14. Squeeze the juice of one lemon over the fish and vegetables.
15. Garnish with the reserved fennel fronds and serve immediately.

