

Mediterranean Baked Salmon with Fennel and Cherry Tomatoes

Heart-healthy omega-3 rich salmon nestled with caramelized fennel and burst cherry tomatoes creates a perfectly balanced low-glycemic Mediterranean meal.

Prep: 20 min

Cook: 25 min

Total: 45 min

Servings: 2

GL 3.6 / GI 17

Ingredients

Low GI vegetable, high in fiber medium fennel bulbs, trimmed

Negligible glycemic impact fresh flat-leaf parsley, chopped

Very low GI, adds brightness fresh lemon, zest and juice

Low GI (38), rich in lycopene cherry tomatoes

Zero GI, healthy monounsaturated fats extra virgin olive oil

Zero GI, high in omega-3 fatty acids wild-caught salmon fillets, skin-on

Optional, zero GI, adds healthy fats pitted black olives

Instructions

Step 1

Preheat your oven to 180°C (350°F/Gas Mark 4). Remove the feathery fronds from the fennel bulbs and set them aside for garnish. Slice each fennel bulb in half lengthwise, then cut each half into three equal wedges, keeping the core intact so wedges hold together.

Step 2

Bring a large pot of salted water to a rolling boil. Add the fennel wedges and parboil for 10 minutes until they're tender but still hold their shape. Drain thoroughly in a colander and let excess water evaporate for a minute.

Step 3

While the fennel drains, finely chop the reserved fennel fronds and combine them in a small bowl with the chopped parsley and freshly grated lemon zest. Set this herb mixture aside for finishing the dish.

Step 4

Arrange the drained fennel wedges in a single layer in a shallow baking dish. Scatter the cherry tomatoes around and between the fennel pieces. Drizzle everything with the olive oil and season with a pinch of sea salt and freshly ground black pepper. Place in the preheated oven and roast for 10 minutes.

Step 5

Remove the baking dish from the oven and nestle the salmon fillets skin-side down among the roasted vegetables, creating space by gently moving the fennel and tomatoes aside. Squeeze the fresh lemon juice over the salmon and vegetables.

Step 6

Return the dish to the oven and bake for an additional 15 minutes, or until the salmon is just cooked through and flakes easily with a fork. The internal temperature should reach 145°F (63°C). The tomatoes should be blistered and bursting.

Step 7

Remove from the oven and immediately scatter the reserved herb and lemon zest mixture over the top. Add the black olives if using. Let rest for 2-3 minutes before serving to allow the flavors to meld and the fish to finish cooking with residual heat.