



Complexity level: Easy
Calories level: Middle-calories level
Price estimation: 5 - 10 \$

Ingredients

1
green pepper
1
red pepper
1
onion
3 T
olive oil
4
salmon fillets (6 oz each)
1/4 t
salt
1/4 t
black pepper

Instructions

1. Wash and deseed peppers and slice into strips both the onion and peppers.
2. Cook the onion and peppers over low heat for 10 minutes in a non-stick frying pan with 3 tablespoons of olive oil and a pinch of salt.
3. Place the onion and peppers into a baking dish.
4. Preheat oven to 350 degrees F (175 °C).
5. Place the salmon fillets into the baking dish and season with salt and freshly ground black pepper. Bake for 15 - 18 minutes

Serve and enjoy your baked salmon fillet recipe! (Take a look to more [fish recipes](#) [1])

Source URL: <https://thespanishcuisine.com/recipes/baked-salmon>

Links

[1] <https://thespanishcuisine.com/recipes/fish>