



SOCKEYE SALMON WITH ROASTED ZUCCHINI, CHICKPEAS AND TOMATOES

Heating Mode(s): **60% Humidity**

Temperature(s): **375°F/190°C - 325°F/165°C**

Required Accessories: **Solid Oven Cooking Container + Rimmed Baking Sheet**

Preparation Time: **15 minutes**

Cooking Time: **30 minutes**

Servings: **2**

Cooking wild sockeye salmon with a combination of heat and humidity ensures this lean, nutritional salmon remains flavorful and juicy. Roasting a tray of vegetables at the same time is an effective way to make use of your Steam oven to create a delicious healthy meal.

Since the salmon requires very little cooking time, the oven is first heated to a high temperature to begin roasting the vegetables, after 20 minutes the oven temperature is lowered and the salmon is added to the oven for the last 8 minutes of cooking time.

Ingredients for 2 servings

- 2 sockeye salmon filets
- ½ tsp (3g) herbs de Provence
- 1 small lemon, zest only
- 2 large zucchini, cut into ½" (12mm) chunks
- 2 medium gold potatoes, cut into ¼" (6mm) slices
- 1 shallot cut into ¼" (6mm) slices
- 1 ½ cups (360ml) cooked chickpeas, drained and dried to remove any moisture
- 1 ½ cups (360ml) small tomatoes, halved
- ½ tsp (3g) dried oregano
- Pinch dried red chilis (optional)
- 1 tbsp (15ml) olive oil

Instructions

Select the 60% Humidity mode and change the temperature to 375°F/190°C.

Combine the prepared vegetables, seasoning and olive oil. Season with some kosher salt and freshly ground pepper and spread the vegetables into the large solid oven cooking container.

Slide the container into the oven and set the timer for 20 minutes.

Place the salmon filets on a small rimmed foil lined baking tray and pat the salmon dry with a paper towel to remove excess moisture. Spray a little olive or avocado oil onto the filets and

season with the herbs de Provence, lemon zest, a sprinkle of salt and freshly ground pepper.

When the oven timer elapses, reduce the oven temperature to 325°F/165°C and slide the tray with the salmon onto the wire oven rack. Set the timer for 8 minutes to cook the salmon.

Notes

If you prefer to Broil the salmon, first remove the cooked vegetables, change the oven mode to Broil with Circulated Air and set the temperature to 450°F/230°C and cook the salmon for 5 - 6 minutes on the middle oven rack.
