



Wild Salmon with Fennel & Onions

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

259.6 calories, 5.5 g carbohydrate, 1.72 g fiber, 3.78 g NET carbs, 30.46 g protein, 11.94 g fat

Ingredients

- 1 whole bulb organic fennel bulb
- 3 clove(s) organic garlic, pressed
- 1 medium organic onion, halved and thinly sliced
- 1/2 tsp(s) sea salt, divided
- 32 ounce(s) wild salmon
- 1/2 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin olive oil
- 1/4 cup(s) organic dry white wine
- 2 tsp(s) organic dried thyme

Preparation

1. Heat oven to 400 degrees F.
2. Cut fennel bulb in half lengthwise. Remove center core, cut bulb and 2 stalks into thin slices.
3. In a 9 x 13 baking dish, toss oil, fennel slices, onion, garlic, half the salt, thyme, and pepper until evenly coated.
4. Transfer pan to oven and bake 20 minutes, stirring occasionally during baking time.
5. Pour wine over vegetables. Stir gently to mix. Arrange salmon fillets in a single layer over vegetables. Sprinkle with remaining salt.
6. Return to oven and bake 8 to 10 minutes more, or until fish is cooked to desired temperature.
7. Serve.

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