



## Super Simple Baked Salmon Pocket

### Ingredients for one serving:

- 1 salmon fillet, about an inch thick
- 1 roma tomato, cut in chunks
- 1/4 cup white onion, sliced
- lemon juice (quarter a lemon and have one for each fillet)
- extra virgin olive oil
- salt
- pepper

\*\* You'll need parchment paper or aluminum foil to make your 'pocket'.

### Preparation:

1. Preheat oven to 375°F with the rack in the middle.
2. Cut a piece of parchment paper or aluminum foil big enough to fold over and tent (i.e. enough space at the top) an individual fillet. Place it on a baking dish or baking sheet.
3. At the center of the paper or foil, put half of the onion, creating a 'bed' for the salmon.
4. Put the salmon on top of it and sprinkle with salt and fresh ground pepper.
5. Place the rest of the onion and the tomato chunks on top of the salmon, and lightly drizzle with olive oil.
6. Fold the lengthwise ends together, and fold and tuck the sides. Make sure to leave a tent/balloon at the top, pull it up if you must.
7. Bake in the oven for 30 minutes. Turn off the oven, and then keep the salmon in the oven for an extra 10 minutes.
8. Take out of the oven and serve immediately. You can use a spatula to take it out of the wrapping or place the pocket directly on individual plates to serve.
9. Squeeze a bit of lemon juice on top of the salmon before devouring. Delish!

***Happy eating!***

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