

baked salmon with rhubarb

★★★★★ 5 from 2 reviews

Baked Salmon and rhubarb are roasted together, then paired with wilted, garlicky chard. A fast and flavorful dinner! Gluten-free!

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Cook Time: 20

Yield: 2

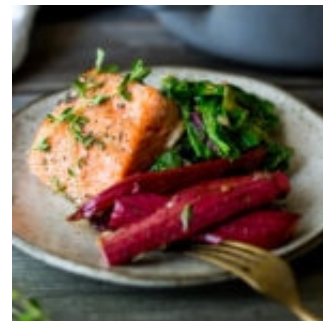
Method: roasted, baked

Prep Time: 10

Total Time: 30 minutes

Category: fish, seafood, main

Cuisine: northwest



SCALE

ingredients

- 2 shallots (or sub ½ a red onion)
- 2 x 12 inch stalks rhubarb
- 2 tablespoons [olive oil](#)
- 2 salmon filets (4–6 ounces each) skinless, thicker cuts are best here
- 2 tablespoons [maple syrup](#)
- 2 tablespoons [sherry cooking wine](#) (or sub 1 tablespoon [balsamic vinegar](#))
- salt and pepper to taste
- 8 sprigs thyme

Wilted Chard

- 1 bunch chard- leaves chopped, stems chopped thinly and separated
- 1 tablespoon [olive oil](#)
- 4 fat garlic cloves- rough chopped
- salt and pepper to taste
- 1 teaspoon lemon zest
- squeeze lemon

instructions

Preheat oven to 325F

Slice shallots into thin wedges, long ways. Cut rhubarb in half lengthwise and cut into 4 inch pieces.

In a large ovenproof skillet, heat oil over medium heat. Saute shallot for 3-4 minutes, until just tender and fragrant. Add rhubarb, sauting for one minute.

Push shallots and rhubarb to the outer edges of the pan and place salmon in the center.

Season salmon and rhubarb with a little salt and pepper. Drizzle [maple syrup](#) just over rhubarb (do not skimp here- see notes). Drizzle [sherry wine](#) (or balsamic) over the rhubarb (see notes). Sprinkle with ½ of the thyme leaves (saving ½ for garnish at the end). Place in the oven and roast for 15 minutes. Check salmon after 10- and pull if necessary (see notes) -continue cooking rhubarb for full 15 mins or when it is fork tender.

In another skillet, heat oil over medium heat. Add garlic and sauté until golden about 2 minutes. Add chard stems, sauté for 1-2 two minutes then add remaining chard and season with salt, pepper, lemon zest and a little squeeze of lemon. Set aside.

Plate the salmon and divide rhubarb shallot mixture among the two plates. Add the wilted chard.

Spoon the flavorful liquid from the salmon pan over the salmon itself. Garnish with remaining sprigs of thyme.

Enjoy!

notes

Do not be tempted to cut down on the [maple syrup](#)- the rhubarb needs it to be palatable. Trust me. I went as low as it can go.

This piece of salmon was 2 ½ inches thick. Thinner salmon cuts may take less time to cook, so check it after ten minutes, and pull it if necessary, letting the rhubarb cook for the full 15 min.

I love this with 2 tablespoons [sherry cooking wine](#) (instead of balsamic) *so if you have it, use it.* If not, sub 1 tablespoon [balsamic vinegar](#).

Nutrition Facts

Serving Size - Salmon with Rhubarb and
garlicky chard
Serves 2

Amount Per Serving

Calories 438

% Daily Value*

Total Fat 28.9g **37%**

Saturated Fat 5.4g

Cholesterol 62.3mg **21%**

Sodium 112.2mg **5%**

Total Carbohydrate 20.3g **7%**

Dietary Fiber 2.1g **7%**

Sugars 13.7g

Protein 24.6g **49%**

Keywords: roasted salmon with rhubarb, savory rhubarb recipes, rhubarb salmon recipe, salmon with rhubarb, spring rhubarb recipes,

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