

sheet pan jerk salmon potato hash

Makes 4 servings

RECIPE ADAPTED FROM: [Give It Some Thyme](#)

PREP TIME: 15 minutes

COOK TIME: 30 minutes

- 3 Tbsp olive oil, divided
- 2 Tbsp [jerk seasoning](#), divided
- 1 Tbsp honey
- 2 tsp smoked paprika
- 1 lime, juiced
- 4 salmon fillets
- 1 lb sweet potatoes, diced into ½-inch cubes
- 1 red bell pepper, diced
- 5 oz fresh baby spinach
- salt and pepper, to taste



PREHEAT oven to 400°F. Line two baking sheets with parchment paper.

WHISK together 1 Tbsp olive oil, 1 ½ Tbsp jerk seasoning, honey, paprika, lime juice and a pinch of salt and pepper.

PLACE salmon fillets, skin-side down, on a baking sheet and brush with jerk-spice glaze. Set aside.

PLACE sweet potatoes and bell pepper on the other baking sheet. Drizzle with 1 Tbsp olive oil, remaining ½ Tbsp jerk seasoning and a pinch of salt and pepper. Toss until well-combined, then spread in a single layer.

ROAST potato mixture in the oven for 10 minutes.

AFTER 10 minutes, add the other sheet pan with the salmon to the oven. Bake for another 12 minutes. *You can toss the potato mixture at this time if you'd like.*

AFTER 12 minutes, remove the sweet potatoes and peppers from the oven. Push them to one side of the baking sheet and evenly spread the baby spinach on the other side. Drizzle remaining 1 Tbsp olive oil over spinach and season with salt and pepper. *If the potatoes are not tender at this point, return to oven for a few more minutes until they are, then add spinach.*

RETURN sheet pan to oven and roast for 2-3 minutes, or until the spinach is wilted.

REMOVE both sheet pans from the oven. *Check to see if salmon is done. If it's not at an internal temperature of 145°F, put it back in the oven for a few more minutes until it's cooked through.*

SERVE with a squeeze of fresh lime juice, if desired.