

# Roasted-Pepper Stuffed Salmon

Recipe By *Faigy Grossman*



**Cooking and Prep:**  1  
h 10 m

**Serves:**  6

**No Allergens**

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Nine Days

**Diet:** Paleo, Pescetarian,  
Gluten Free, Low Carb, No  
Refined Sugar

**Source:** Family Table by  
Mishpacha Magazine

Less is more in this fabulous fish dish. Few ingredients that really complement each other is what makes this dish work. Roasting the peppers brings out their inherent sweetness and melds all the other ingredients together.

## Ingredients (10)

### Main ingredients

- 1 each red, yellow, and orange peppers
- Glicks Cooking Spray**
- salt, for sprinkling
- 6 skinned salmon fillets, 3 inches (8 cm) wide x 8 inches (20 cm) long x 1/2 inch (1 cm) thick (you can ask

your fish store to prepare this for you)

- salt, to taste
- garlic powder, to taste
- 1/4 cup **Haddar Dijon Mustard**
- 3–4 tablespoons minced dried onion
- 3 tablespoons minced dried garlic

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### Sommelier Suggests

- Matar Chardonnay**
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## Start Cooking

### Roast the Peppers

1. Preheat oven to 400°F (200°C). Slice peppers into one-inch (two- and- a- half- centimeter) strips. Line a baking sheet with foil and coat with cooking spray.
2. Place pepper strips on their sides, sprinkle with salt, and coat with cooking spray.
3. Roast in oven for about 40 minutes, or until beginning to shrivel and blacken at the edges. Remove from oven and allow to cool.

### Assemble and Bake

1. Reline baking sheet and coat with oil spray.
2. Working with one piece of salmon at a time, place fish on a clean surface, sprinkle lightly with salt and garlic powder. Lay two of each color pepper strips crosswise in center.
3. Roll fillets jelly-roll style and place seam-side down on prepared baking tray. Smear top of fish roll with mustard and sprinkle generously with minced onion and garlic. Repeat with remaining slices.
4. Lower oven temperature to 375°F (190°C) and bake fish uncovered for 12–15 minutes. Serve hot or warm.