

Sheet-Pan Salmon with Tomato–Eggplant Compote

Serves 2



Ingredients

- 340 g cherry or grape tomatoes
- 2 T extra-virgin olive oil, plus more for drizzling
- $\frac{3}{4}$ tsp kosher salt, divided, or to taste
- Freshly ground black pepper
- 2 garlic cloves, thinly sliced
- 1 small Japanese eggplant (about 180–200 g), cut into 1.5 cm dice
- 40 g onion (about $\frac{1}{4}$ small), thinly sliced
- 1–1½ T gochujang (adjust to taste)
- 2 skinless salmon fillets (about 140–160 g each)
- Fresh basil leaves, torn (or 1 tsp dried basil, optional)
- Water, as needed (2–4 T)

Instructions

- 1. Preheat oven:**
 - Heat oven to **230°C**.
- 2. Roast tomatoes:**
 - On a rimmed baking tray, toss the **tomatoes** with **1 T olive oil** and a pinch of salt.
 - Roast for **about 10 minutes**, shaking the tray once, until the tomatoes begin to split.
- 3. Add garlic and onion:**
 - Scatter the sliced **garlic** and **onion** over the tomatoes and stir gently to coat with oil.
 - Return to the oven and **roast 5 minutes**, until fragrant and softened.
- 4. Crush and clear space:**
 - Use a wooden spoon to gently crush the softest tomatoes.
 - Push the tomato mixture to one side of the tray.
- 5. Roast eggplant:**
 - Add the **eggplant** to the cleared side of the tray.
 - Drizzle with **1 T olive oil** and season lightly with **salt**.
 - **Roast 8–10 minutes**, stirring once, until the eggplant begins to soften.
 - If tomatoes threaten to scorch, add **1–2 T water** to those spots.
- 6. Build the compote:**
 - Stir the tomatoes, onion, garlic, and eggplant together.
 - Stir in the **gochujang** until evenly incorporated.
 - Return to the oven and **roast 15–20 minutes**, stirring once or twice, until the eggplant is very soft and jammy.
 - Add **water** as needed (1–2 T at a time) if the mixture looks dry.
- 7. Roast the salmon:**
 - Push the compote to one side of the tray.

- Lay a small piece of foil on the cleared area and lightly oil it.
- Season the **salmon** with the remaining **salt** and **black pepper** and place on the foil.
- Roast until the salmon reaches 46–52°C at the thickest part, **about 6–9 minutes**.

8. Finish:

- Taste the compote and adjust seasoning.
- Transfer salmon to plates and spoon the tomato–eggplant compote alongside.
- Garnish with **basil**, drizzle lightly with **olive oil**, and finish with **black pepper**.

Notes

- Japanese eggplant cooks faster than globe eggplant; keep dice slightly larger to avoid collapse.
- Onion adds sweetness and depth without overpowering the tomatoes.
- Gochujang provides heat and umami; start with 1 T if sensitive to spice.

Nutrition (approx.)

Total dish: Kcal: 760 | Protein: 62 g | Fat: 46 g | Sat. Fat: 8 g | Carbs: 34 g | Sugars: 16 g | Fiber: 7 g | Sodium: 1650 mg

Per serving: Kcal: 380 | Protein: 31 g | Fat: 23 g | Sat. Fat: 4 g | Carbs: 17 g | Sugars: 8 g | Fiber: 4 g | Sodium: 825 mg