



Salmon Meatballs in Roasted Tomato Sauce

Let's begin by gathering our ingredients for Salmon Meatballs in Roasted Tomato Sauce:

Ingredients:

salmon fillet
salt and pepper
handful of chopped parsley
chopped red onion
roasted garlic cloves
egg
panko crumbs
plum (roma) tomatoes
red bell pepper
olive oil
parmesan

Roast whole tomatoes and quartered pepper on a baking sheet at 350° for 1-2 hours. Brush produce with garlic and olive oil before cooking.

Cool, then puree with a little of the oil from the roasting pan.

Skin and dice salmon. Add and mix salt, pepper, beaten egg, 1 chopped red onion, roasted garlic clove, 1/2 cup parmesan, and parsley. Mix together, then add panko until mixture becomes sticky enough to form meatballs.

Shape meatballs then refrigerate for 30 minutes before baking.

Bake at 350° for about 30 minutes, turning a few times.

While pasta is cooking, add meatballs to sauce and simmer for about 10 minutes.

Drain and plate noodles. Then cover with meatballs and sauce. Enjoy!