



**BRISTOL BAY**  
SOCKEYE SALMON

## **MUSTARD MAPLE SOCKEYE SALMON WITH ROASTED VEGETABLES**

**SERVINGS:** 4

**PREP TIME:** 20 minutes

**COOK TIME:** 35 minutes

### ***Ingredients:***

#### **Vegetables:**

4 to 6 peanut potatoes (about 4 oz.),  
washed and cut into pieces

2 medium zucchini, thick-sliced

2 medium yellow carrots, peeled and sliced

2 medium orange carrots, peeled and sliced

1 kohlrabi (about 8 oz.), peeled and cubed

2 Tablespoons olive oil

1 teaspoon salt

1 teaspoon garlic powder

1/2 to 1 teaspoon pepper

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**Salmon:**

2 Tablespoons olive oil

2 Tablespoons maple syrup

2 Tablespoons Dijon-style mustard

1 Tablespoon poultry seasoning

2 garlic cloves, minced

4 sockeye salmon fillets (6 oz. each), fresh,  
frozen or thawed

### ***Directions:***

#### **Vegetables:**

Preheat oven to 450°F. Place cut vegetables in a large zip-top bag; add oil, salt, garlic powder and pepper. Seal bag; turn bag over several times to coat. Spread vegetables evenly onto a large baking sheet. Roast in oven for 15 minutes.

**1**

#### **Salmon:**

**2**

While vegetables are roasting, whisk olive oil, maple syrup, mustard, poultry seasoning and garlic in a small bowl.

**3**

If using frozen Alaska salmon, rinse fillets under cold running water to remove any ice glaze. Pat dry with paper towels. Coat salmon with mustard-maple mixture.

**4**

Remove baking sheet from oven; turn vegetables over with spatula, then move vegetables closer together, making room to add salmon.

**5**

Place fillets on sheet; return to oven. Cook additional 15 minutes for frozen salmon or 10 to 12 minutes for fresh/thawed, just until salmon is opaque throughout.

**6**

To serve, portion one-fourth of the vegetables with a salmon fillet.

**Find more delicious wild sockeye salmon recipes  
at [www.bristolbaysockeye.org](http://www.bristolbaysockeye.org).**