



BRISTOL BAY
SOCKEYE SALMON

MUSTARD MAPLE SOCKEYE SALMON WITH ROASTED VEGETABLES

SERVINGS: 4
COOK TIME: 55 MINS.

Ingredients:

Vegetables:

- 4-6 peanut potatoes (about 4 ounces), 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 ounces), peeled and cubed
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2-1 teaspoon pepper

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 ounces each), fresh, frozen or thawed

Directions:

Vegetables:

Preheat oven to 450F. 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 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 10-12 minutes for fresh/thawed, just until salmon is opaque throughout.

6

To serve, portion 1/4 of the vegetables with a salmon fillet.

**Find more delicious wild sockeye salmon recipes
at www.bristolbaysockeye.org.**