



**BRISTOL BAY**  
SOCKEYE SALMON

## GRILLED SOCKEYE SALMON + VEGGIES

*Recipe courtesy of Lyana Begret*  
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**SERVINGS: 4**  
**COOK TIME: 1 HOUR, 20 MINS.**

### *Ingredients:*

- 1 1/2 pounds wild sockeye salmon
- 2-3 tablespoons olive oil
- 1 tablespoon brown mustard
- 2 tablespoons coconut aminos
- Salt and pepper, to taste
- 1 teaspoon garlic powder
- Fresh green beans
- Mini bell peppers
- Zucchini, sliced

### *Directions:*

- 1** Rinse the salmon fillet and pat it dry with a paper towel. Drizzle the fillet with olive oil, then using a brush, evenly coat the salmon on both sides.  
  
Brush with mustard, then add coconut aminos, salt, pepper, and garlic powder, coating the salmon fillet. You can also mix all the sauce ingredients in a bowl to make it easier. Place on a rimmed baking sheet, cover with plastic wrap and place in fridge to marinate for 1-2 hours.
- 2**
- 3** When ready to grill, preheat the grill to 450F and grease the grill grates with oil. Place the fish on the grill skin side up and close the grill. Grill for 4-5 minutes, then flip the fish over using a fish spatula and grill for another 3 minutes, or until salmon is done. Let the fish rest for 5-10 minutes.
- 4** Toss the green beans in olive oil, salt, pepper, and garlic powder to taste. Grill for 15-20 minutes, tossing halfway through. Keep an eye on them.
- 5** Toss the mini bell peppers and zucchini slices in olive oil, salt, and garlic powder to taste. Thread onto skewers and grill for 15-20 minutes, flipping to ensure even cooking. Keep an eye on them.

Serve everything on a platter and enjoy!

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