

#LetsCook30

MAPLE SOY GLAZED SALMON

This sweet and savory glaze is delicious and flavourful! Baking this recipe in the oven is quick and easy!

Serves: 4

Ready in about: 45 minutes

4	6 – 7 oz salmon fillets, skinless
1/3 cup	maple syrup
2 tbsp	soy sauce
2 tsp	sesame oil
2 medium cloves	garlic, minced
	freshly ground black pepper and chopped green onions (optional)

Nutrition Tip

To reduce the salt in this recipe, we used reduced sodium soy sauce.

INSTRUCTIONS:

1. In a bowl, whisk together maple syrup, soy sauce, sesame oil and garlic. Place salmon into a baking dish and pour maple syrup mixture evenly over salmon. Cover and marinate at room temperature for 30 minutes, flip salmon once halfway through.
2. Preheat oven to 400° F during last 10 minutes of marinating salmon.
3. Line a 13 x 9 inch baking dish with parchment paper. Transfer marinated salmon onto dish (don't discard marinade). Bake in preheated oven until salmon is cooked through, about 12 to 15 minutes.
4. Pour marinade into a small saucepan, bring to a boil over medium-heat, stirring frequently. Once it reaches a boil, reduce heat slightly and cook several minutes, stirring, until reduced to 1/4 cup.
5. Serve salmon warm with maple soy glaze drizzled over top and add pepper and green onions if desired.

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