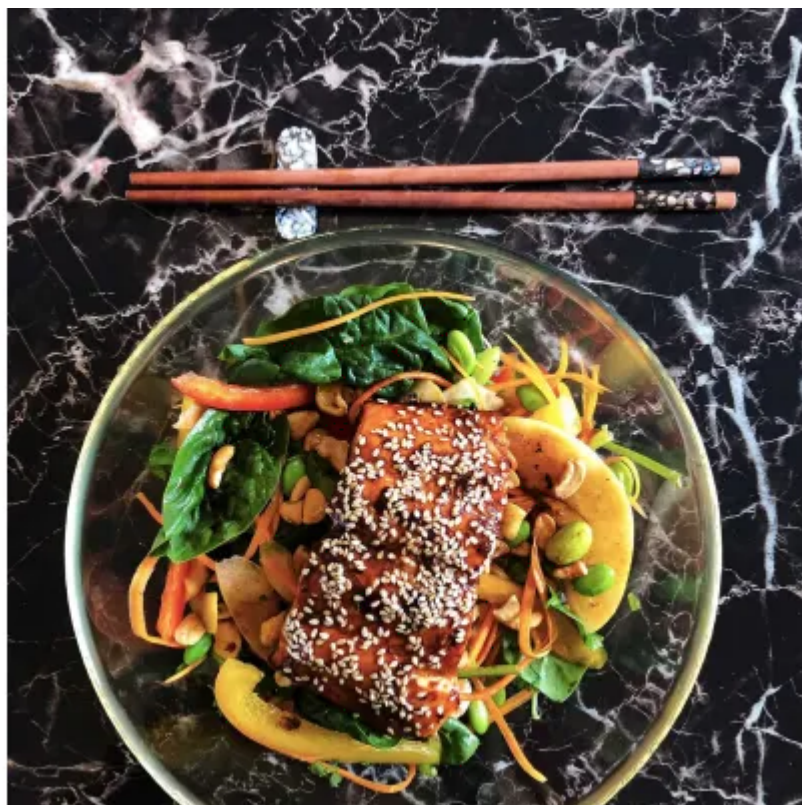


Thai Salad with Glazed Salmon



Experience the tantalizing fusion of flavors with this Thai Salmon Salad recipe, featuring succulent salmon, crisp vegetables, and a harmonious blend of Thai-inspired spices, offering a nourishing and delicious option to elevate your healthy eating routine.

Preparation 20 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 650

Fat 35

Carbohydrates 45

Fibre 8

Protein 48

Sodium 750

Ingredients

Glazed salmon

Marinade

- 30 ml (2 tbsp) honey or maple syrup

- 2 tsp (10 ml) lemon juice
- 1 ml (¼ tsp) garlic powder
- Pepper to taste

Salmon

- 4 salmon fillets
- Sesame seeds (optional)

Thai salad

Dressing

- 60 ml (¼ cup) olive oil
- 30 ml (2 tbsp) honey or maple syrup
- 30 ml (2 tbsp) salt-reduced soy sauce
- 30 ml (2 tbsp) white vinegar
- 15 ml (1 tbsp) sesame oil
- 1 ml (¼ tsp) potted garlic (or 2-3 garlic cloves)
- 1 ml (¼ tsp) potted ginger (or double the amount of fresh ginger)
- 1 ml (¼ tsp) lime juice

Salad

- 1.5 L (6 cups) fresh spinach or other greens
- 250 ml (1 cup) pre-boiled edamame beans
- 250 ml (1 cup) chopped fresh coriander
- 125 (½ cup) cashews, chopped
- 3 green onions, thinly sliced
- 2 peppers, sliced into strips
- 1 large carrot, julienned
- 1 Asian pear, julienned

Preparation

Salmon

1. Preheat the oven to 425°F (220°C)
2. In a bowl, whisk together the marinade ingredients.
3. Marinate the salmon fillets for about 2h in the refrigerator; if you're short on time, you can simply brush them with the marinade (it will be just as delicious).
4. Place the salmon fillets on a baking sheet and sprinkle them with sesame seeds.
5. Bake the salmon fillets for 8 to 10 minutes, depending on the fillet's thickness.

Vinaigrette

1. In a bowl, vigorously whisk together the dressing ingredients.
2. In another bowl, combine the salad ingredients.

Finish with glazed salmon.

Notes

Can be stored up to 4 days in the refrigerator in airtight containers, salmon, salad, and dressing separated.



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