

One-Pan Asian Salmon And Veggies



Explore the health benefits of our One-Pan Asian Salmon And Veggies recipe. Packed with omega-3 fatty acids, proteins, and vitamins, this balanced dish offers a delightful and nutritious culinary experience.

Preparation 5 min
Cooking 15 min
Servings 4
Nutrition Facts (per serving)
Calories 340
Fat 20
Carbohydrates 12
Fibre 3
Protein 29
Sodium 250

Ingredients

- 2 leeks, chopped
- 1 red bell pepper, cut into strips
- 8-10 baby bok choy heads, halved
- 5 ml (1 tsp) vegetable oil
- 5 ml (1 tsp) toasted sesame oil
- 5 ml (1 tsp) maple syrup

- 30 ml (2 tbsp) minced garlic or 10 ml (2 tsp) garlic powder
- 10 ml (2 tsp) low-sodium soy sauce
- 450 g (1 lb) salmon, cut into 4 steaks
- 10 ml (2 tsp) ground ginger
- Pepper and salt to taste
- 45 ml (3 tablespoons) toasted sesame seeds
- 250 ml (1 cup) arugula (optional)

Note: You can substitute the vegetables mentioned to use your leftover vegetables to help clean up your fridge.

Preparation

1. Preheat the oven to 450°F (200°C).
2. Line a baking sheet with parchment paper or a silicone mat and spread the vegetables evenly.
3. In a small bowl, combine oils, maple syrup, garlic and soy sauce. Pour over the vegetables and mix with your hands.
4. Place salmon steaks over the vegetables and sprinkle with ground ginger. Season with pepper and salt to taste.
5. Sprinkle sesame seeds all over the plate.
6. Place in the oven for 15 minutes.
7. Let stand 5 minutes and add arugula, if desired. Serve with rice or couscous.



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