

Maple & Ginger Glazed Salmon

with Watercress, Orange & Parsnip Salad

Parsnips have been a staple food in Europe and Asia since ancient times. They resemble carrots in shape and texture, but have a cream-colored, uniquely flavored flesh. Though they can be harvested year round, the best parsnips are plucked in spring, after the winter frosts. Cold weather turns some of the starch in parsnips to natural sugars and preserves their crunch, making them the perfect, subtly sweet addition to this salad.



Ingredients

- 3 Scallions
- 2 Cloves Garlic
- 1 1-Inch Piece Ginger
- 1 Bunch Watercress
- 1 Orange
- 1 Parsnip
- 1 Tablespoon Sunflower Seeds
- 2 Tablespoons Maple Syrup
- 2 Tablespoons Soy Sauce
- 2 Teaspoons Sesame Oil
- 2 Skin-On Salmon Fillets

Makes 2 Servings
About 590 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Trim off and discard the roots of the scallions; thinly slice the scallions on an angle, separating the white and green parts. Peel and slice the garlic. Peel and mince the ginger. Using a peeler, remove the rind of the orange, avoiding the pith; mince the rind to get 2 teaspoons of zest. Halve the orange. Juice one half into a bowl. Cut off and discard the pith and peel of the remaining half then cut into bite-sized pieces. Place **1/3 of the white parts of the scallions** into the bowl of orange juice. Peel and cut the parsnips into thin matchsticks.



Toast the sunflower seeds & make the vinaigrette:

Heat a large pan (nonstick, if you have one) on medium-high until hot. Add the **sunflower seeds** and toast, stirring frequently, 2 to 3 minutes, or until lightly brown and fragrant. Transfer the toasted seeds to a small bowl and set aside as you continue cooking. Wipe out the pan. To make the vinaigrette, season the **orange juice-scallion mixture** with salt and pepper then slowly whisk in **2 tablespoons of olive oil** until well combined.



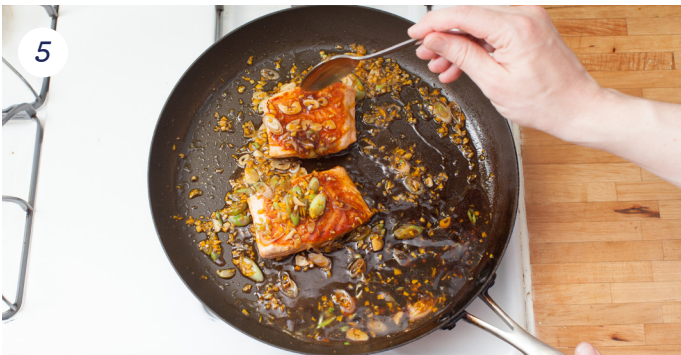
Cook the salmon:

Pat the **salmon** dry and season with salt and pepper on both sides. In the same pan used to toast the seeds, heat 2 teaspoons of oil on medium-high until hot. Add the **seasoned fillets**, skin side down first, and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side, or until the skin is crispy and the fish is cooked through. Transfer the cooked fish to a plate and cover with foil to keep warm. Wipe out the pan.



Make the glaze:

In the same pan used to cook the fish, heat 2 teaspoons of oil on medium until hot. Add the **garlic, ginger and remaining white parts of the scallions** and cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **maple syrup, orange zest, soy sauce, sesame oil** and **1/4 cup of water** and cook, stirring occasionally, 30 seconds to 1 minute, or until well combined and slightly thickened.



Glaze the salmon:

Add the **cooked salmon** to the pan of glaze, skin side down. Cook, spooning the sauce over the salmon to completely coat, 1 to 2 minutes or until the sauce is reduced in volume and thickened. Turn off the heat and set the pan aside as you dress the salad.



Finish & plate your dish:

Just before serving, in a large bowl, combine the **watercress, chopped orange, parsnip** and **all but a pinch of the toasted sunflower seeds**. Season with salt and pepper. Add in enough **vinaigrette** to coat the greens (you may have extra vinaigrette) and toss to thoroughly mix. To plate your dish, divide the **glazed salmon** and **salad** between 2 plates. Top each fillet with a spoonful of glaze. Garnish with the **green parts of the scallions** and **remaining sunflower seeds**. Enjoy!