“The Local Buy” Recipe, Episode 702

Baked Salmon with Garlic and Dijon, Roasted Broccoli, and Aromatic Rice
Courtesy of The Roving Radish

Prep time: 10 minutes
Cook time: 20 Minutes
Serves: 4

Ingredients

- 3 (8 ounce) salmon fillets
- 2 tablespoons fresh parsley, chopped
- 3 garlic cloves, minced
- 1/2 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons light olive oil
- 2 tablespoons fresh lemon juice
- Lemon slices
- 1 pound broccoli
- 2 green onions
- 1” piece of ginger, minced
- 1 1/2 cups of jasmine rice

Directions

1. Preheat the oven to 450°F.
2. Wash and dry all the vegetables. Peel and finely dice the ginger. Cut off and discard the root ends of the green onions; thinly slice, separating the white bottoms and the green tops.
3. In a medium size pot, heat 2 teaspoons of olive oil over medium high heat. Add the ginger and sliced white bottoms of the green onions, season with salt and pepper and cook, stirring for 1 minute. Add the jasmine rice, stir to coat and add 2 cups of water carefully. Bring to boil, stir, reduce heat to low,
cover and cook for 17 minutes or until liquid is absorbed and rice is tender. Fluff rice and stir in the green tops of the green onion.

4. Line rimmed baking sheet with foil sprayed with non-stick oil. To prepare the sauce, in a small bowl, combine: 2 tablespoons parsley, 2-3 minced garlic cloves, 1/2 tablespoon Dijon mustard, 1/4 teaspoon salt, 1/8 teaspoon pepper, 2 tablespoons olive oil, and 2 tablespoons lemon juice.

5. Arrange salmon fillets on the prepared baking sheet. Generously brush top and sides of salmon with sauce and top with lemon slices.

6. On another lined rimmed baking sheet sprayed with non-stick oil, place the broccoli florets, drizzle with olive oil and season with salt and pepper.

7. Bake salmon and broccoli for 15-20 minutes or until fish is just cooked through and flaky and broccoli florets are fork tender.

8. Serve salmon over aromatic rice with a side of roasted broccoli.