

MAPLE CARROT MISO RUBBED ROASTED SALMON & ONTARIO ROOT VEGETABLES

This recipe is super simple, but with a ton of complexity. The rub is savoury, sweet and a little spicy. Your salmon will have a nice char with the sticky rub and pairs perfectly with earthy and sweet root vegetables.



Servings 1 portion



Preparation Time: 30 minutes



Cooking time: 1 minute

Ingredients

- 2 t – maple carrot rub
- 5 oz – salmon fillet
- 2 T – olive oil
- 3 large pcs – sunchoke (large dice)
- ¼ - celery root (large dice)
- 2 pcs – carrots – cross cut

Directions

- 1- Preheat oven to 400 °F.
- 2- Bring large pot of salted water to simmer.
- 3- Place all root vegetables in water and simmer for 10 minutes
- 4- Strain and place on baking tray. Toss in olive oil, season with salt and place in oven for 30 minutes.
- 5- After you place vegetables in oven, rub salmon with maple, carrot miso and place in fridge for 30 minutes.
- 6- Place salmon on a non-sticky baking sheet or on parchment paper, then put in oven and cook for 7 minutes.
- 7- For the last 3 minutes, place oven on low broil (if you don't have low broil, broil for 1 minute).
- 8- Place vegetables on plate, then top with salmon