

MAPLE-GLAZED SALMON

with Orange-Arugula Salad and Wild Rice





- HELLO -WILD RICE

Nutty, wholesome, and packed with fibre



Salmon Fillets



Wild Rice



Navel Orange



Maple Syrup



Soy Sauce



Dijon Mustard



Balsamic Vinegar



Arugula



Almonds, Sliced

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 641

BUST OUT

- Small Pot
- · Baking Sheet
- Measuring Cups
- Silicon Brush
- Measuring Spoons
- 3 Small Bowls
- Whisk
- Salt and Pepper
- Medium Bowl
- · Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Salmon Fillets
- 1 pkg | 2 pkg (285 g) (570 g)
- Wild Rice
- 1 pkg | 2 pkg (113 g) (227 g)
- Navel Orange Maple Syrup
- 1 pkg 2 pkg (2 tbsp) (4 tbsp)
- Soy Sauce 1,4
- 1 pkg 2 pkg (2 tsp)
- Dijon Mustard 6,9
- 1pkg | 2 pkg
- Balsamic Vinegar 9
- ½ bottle₁ 1 bottle (1 tbsp) (2 tbsp)
- Arugula
- 1 pkg | 2 pkg (113 g)
- Almonds, sliced 5
- 1 pkg 2 pkg (56 g)

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- O Seafood/Fruit de Mer 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde 7 Peanut/Cacahuète
- 2 Milk/Lait 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to 425°F (to roast the salmon). Start prepping when the oven comes up to temperature! BBQ TIP: Instead of baking, grill the fish over medium heat, skin-side down, until cooked through, 6-8 min.



COOK RICE Wash and dry all produce. In a small pot, bring 134 cups salted water (double for 4 people) to a boil. Add the wild rice to the boiling water. Reduce the heat to medium. Cover and cook until the rice is tender, 18-19 min. (Drain when the rice is cooked.)



PREP ORANGE Zest 1/4 tsp orange zest (double for 4 people). Cut a piece off the top and bottom ends of the orange(s). Place the flat end of the orange on a cutting board, cut the peel away from the flesh from top to bottom, turning the orange as you go.



SEGMENT ORANGE When all the peel is off, slip a paring knife along each side of the "membranes" (the white lines) of each orange to release the segments into a small bowl. (Use 2 oranges for 4 people.) Squeeze the leftover orange membranes over a large bowl to release the juice. (We'll use it later for the dressing!)



BAKE SALMON In a small bowl, mix the **maple** syrup, soy sauce and half the mustard. small bowl. Arrange the fish, skin-side down, on a parchment-lined baking sheet. Season with salt and pepper. Brush one bowl maple glaze over the fish. Bake in the centre of the oven until the fish is cooked through, 11-13 min.



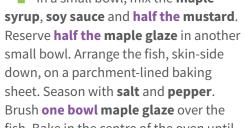
MAKE SALAD Meanwhile, in the bowl with the orange juice, whisk in the vinegar, remaining mustard and a drizzle of oil. Season with **salt** and **pepper**. Toss in the arugula, orange segments, almonds and orange zest.



FINISH AND SERVE Divide the maple-glazed salmon between plates. Drizzle with remaining bowl maple glaze. Serve the orangearugula salad and wild rice to the side.

OH CANADA!

Salmon, maple syrup and wild rice are all harvested across Canada.



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