

Soy Glazed Salmon and Vegetables



Prep:

5 mins

Total:

25 mins

Sirve:

2 servings

Pieza:

10" Deep Skillet with Utility Rack - Limited Edition Complete
Gourmet Collection
Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

Ana Perez

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Descripción de la Receta:

Enjoy a delicious one-pan meal for 2 with the 10" Deep Skillet with Utility Rack. Prepare your vegetables in the pan and steam your salmon on the utility rack for a easy, no fuss meal that you can make anytime!

1 medium
yellow squash, sliced, use Cone #4
1 medium
red onion, roughly chopped
1 large (or 2 small)
red bell pepper, roughly chopped

1 small
 broccoli crown, separated into florets
 1 salmon fillet
 ½ cup
 soy sauce
 1 tbsp
 garlic, minced
 1 small
 lemon, juiced
 1 tbsp
 honey
 salt & pepper to taste (optional)

Preparación :

1. Using the Food Processor, slice yellow squash directly into skillet.
2. Add red onions, red bell peppers and broccoli florets in rows next to each other to fill skillet approximately two-thirds of the way full.
3. Make space in vegetables to allow for legs of utility rack to fit raised in skillet. Carefully place rack in skillet.
4. Season salmon fillet with salt and pepper, to taste. Place fillet on top of utility rack, over vegetables.
5. In a small bowl, mix to combine soy sauce, garlic, lemon juice and honey. Pour soy glaze over salmon fillet and vegetables.
6. Place cover on skillet and turn heat to medium.
7. Cook for 10 minutes. The Vapo-Valve™ should begin clicking at approximately this time.
8. Reduce heat to low and cook for an additional 10 minutes. If you prefer a more well done salmon, continue to cook for an additional 5 minutes or to desired doneness.
9. Remove fillet from rack and transfer to a plate.
10. Carefully remove grill rack from skillet.
11. Plate vegetables with salmon and pour extra glaze over food to serve.

Consejos:

- Grill rack will be hot to touch after cooking and should be handled with care. To remove rack, you can utilize two forks to secure cross wires, tongs or small oven mitts.
- Substitute any of the vegetables with your favorite variety. For example, substitute broccoli with Brussels sprouts or asparagus.

Información nutricional por ración

Calorías:	392
Grasa Total:	9g
Grasa	1g
Saturada:	
Colesterol:	62mg
Sodio:	1457mg
Carbohidratos:	47g
Fibra	12g
Dietética:	
Azúcar:	21g
Proteína:	37g