

Mandarin Sesame Salmon Salad

Serves 10 : ~an hour plus marination time : a quick scribble of a recipe for a salad I made up, perfect for meal prep lunches

Ingredients:

Salmon:

- 3lb slab of salmon
- 1/3 cup coconut aminos
- 3 garlic cloves, finely chopped
- 1 1/2 tbsp Dijon mustard
- 1 1/2 tbsp toasted sesame oil
- 1 1/2 tbsp pure maple syrup
- 2 tsp grated fresh ginger
- kosher salt

Sweet Potato Cubes:

- 3 large sweet potatoes, diced into cubes
- avocado oil for roasting
- sprinklings of salt, pepper, paprika, onion, and cinnamon

Salad Base:

- 1 bunch of scallions, sliced from dark to light green
- 3 large carrots, shredded
- 1/2 green cabbage, thinly sliced
- 2 cups broccoli, shredded stem to tree
- 1 bushel cilantro, leaves only
- 1 cup cashews, roughly chopped

- 1 small tub of spring mix, roughly chopped
- 2 small cans of mandarin oranges, drained

Dressing:

- 1/3 cup extra-virgin olive oil
- 2 tbsp sesame oil
- 2 tbsp rice vinegar
- 2 tbsp orange (or lemon) juice
- 2 tbsp soy sauce (or aminos + salt)
- 1 tbsp honey
- 1 tbsp grated ginger
- 1 clove minced garlic

Instructions:

Marinate the Salmon:

- Cut salmon slab in half, sprinkle with salt
- Add the rest of the “salmon” ingredients to a measuring cup and stir.
- Place salmon in a sealable gallon-sized bag and pour marinade over top.
- Squash it around to get the salmon fully covered in marinade and place in the fridge.
- Go for a 30 minute walk :)

Prep the Salad:

- Preheat oven to 425
- Place sweet potato cubes on a large baking sheet.
- Cover in oil, toss, sprinkle seasonings to your liking, toss, and place in the oven for 30-35 minutes.
- Shuffle potatoes halfway through!
- While the sweet potatoes bake, I do all the veggie prep: dicing, slicing, chopping, and placing everything in sealable containers to stay fresh through the week.

Cook Salmon

- Once the sweet potatoes are done, turn the oven down to 375 and place 1 oven rack near the bottom and one near the top.
- Pull the salmon from its marinade and place on a parchment-lined baking sheet.
- Bake for about 20 minutes on the bottom rack (**meanwhile, make the dressing**).
- After 20 minutes, move the salmon to the top rack and turn the oven to a high broil.
- Broil for about 3-5 minutes until browned.

Make the dressing:

- Mix together olive oil, sesame oil, rice vinegar, juice, soy sauce, honey, ginger, and garlic in a jar.
- *Taste & adjust to your liking.

Assemble:

- Lay your base of some lettuce, cabbage, broccoli, carrots, cilantro, and green onions.
- Drizzle dressing & toss.
- Top with cashews, mandarins, sweet potatoes, and salmon.

recipe notes:

- The dressing recipe is just a guide. Start with this as your base and adjust. If it's too salty then add more sweet, if it's too potent then dull it down. You have the power to make it your perfect dressing.

what you learn:

- A filling salad is a well balanced salad — full of fiber, carbs, fats, proteins, etc.