

Baked Salmon with Dill

Your order has been placed for a nice piece of salmon tonight. Pair it with some “Nutty Rice” and steamed carrots and broccoli. Fresh citrus pulls the meal together. Lemon juice is a dominant ingredient in the Ponzu sauce as-well-as providing the acidic charge in the Nutty Rice. Lemon wedges are served with the steamed vegetables.

Preparation Time: 45 minutes - Servings 2

Organize Your Ingredients!

Notes on Organizing

Prep ingredients on small plates or in bowls so they are easy to add. Prep items in all three boxes below. You'll use 2 lemons tonight. Juice 1 lemon (divide juice between Nutty Rice and ponzu sauce). Quarter the other lemon into wedges to drizzle over salmon and serve with the vegetables.

Nutty Rice

Brown rice:

1 C. brown rice
plus
2-1/4 C. water

Additions for Nutty Rice: (Once rice is cooked)

1 T. lemon juice
2 T. low-sodium vegetable broth
pinch of salt

1/3 C. green onions (stems and bulbs, thin-sliced)
1/4 C. fresh parsley (chopped)

8 pecan halves (toasted and broken into pieces)

Ponzu Sauce & Baked Salmon

Ponzu sauce:

1/2 tsp. low-sodium soy sauce
2 T. lemon juice
1/2 tsp. granulated sugar
1/4 tsp. grated fresh ginger

Baked Salmon

1 tsp. canola oil (for baking dish)
two 5 oz. salmon fillets
1/2 tsp. dry dill leaves

Steamed Carrots and Broccoli

1-1/2 C. carrots (scrubbed and sliced diagonally)
2-1/2 C. broccoli (washed and cut into equal size pieces)
pinch of salt

Garnish:

1 lemon (cut into wedges)

First
Put Rice on to cook
and
Preheat the oven to 400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Simple preparations lie ahead tonight. You've started by putting the rice and water on to cook and preheating the oven. Once the rice begins to boil, cover and reduce heat to medium-low. Set a timer for 25 minutes.

Nutty Rice

1. Measure 1-1/2 C. cooked rice into a medium-sized mixing bowl.
2. Mix lemon juice, vegetable broth and salt together in a small bowl. Pour over rice and toss.
3. Cover and warm the rice/broth mixture 1 minute in the microwave.
4. Add chopped green onions and parsley while still hot. Mix well.
5. Allow to cool a few minutes. Break toasted pecans into the rice. Stir well and let stand.

Ponzu Sauce and Baked Salmon

1. Mix ponzu sauce ingredients together.
2. Oil a baking dish with canola oil and place salmon, skin-side-down in dish. Drizzle with the ponzu sauce and sprinkle with dill. Slide into the preheated oven. Cook 15 minutes.
3. (Steam vegetables while salmon cooks.)
4. When timer sounds, remove salmon from the oven and drizzle with a squeeze of lemon.
5. Once you remove the salmon, slide dinner plates into the oven to warm. Turn off heat.

Steamed Carrots and Broccoli/Plate the meal

Steamed Carrots and Broccoli:

1. Steam carrots 2 minutes over 3/4 C. boiling water. Add the broccoli, cover and steam another 4 minutes. Remove from heat and sprinkle with a pinch of salt.

Plate the Meal:

1. Place cooked salmon fillets in the middle of the warm plates.
2. Lift carrots and broccoli from steamer. Set on plates with a wedge of lemon.
3. Divide Nutty Rice between plates and place alongside fillet.

Plate should have a mound of Nutty Rice, salmon in the middle and serving of carrots and broccoli with lemon wedges on the other side of the salmon.

What I've Learned from this Recipe

Tonight, ponzu sauce and dried dill leaves are applied before cooking the salmon. Ponzu is a classic Japanese condiment made up of a mixture of acidic and salty elements. This is a simplified, homemade version.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com