

Asian Balsamic Glazed Salmon



Plan Z Phase: This is a Z2 (ZReduction) recipe

Servings: Serves 2. Can be easily doubled.

Ingredients:

- 2 salmon fillets: 6 – 8 oz each. Try to get wild salmon or responsibly farmed salmon. That means it's farmed in a natural body of water – usually off a coastline – and not in tanks.
- Olive oil spray
- 1 tsp of ground garlic
- 1/2 tsp of ground ginger
- 2 Tbl of balsamic glaze. Any well-stocked grocery will have this. You can use balsamic vinegar but your sauce will be thinner. It's worth buying this because you can use it as a drizzle on meat, over strawberries or it goes great in dressings too. It's just balsamic vinegar cooked down until it thickens.
- 1/2 tsp of Truvia or Swerve (Optional. You really don't need this unless you are starting off with a serious sweet tooth)
- 2 tsp of Dijon mustard

- 1/4 tsp of grated sea salt
- 1/4 tsp of grated fresh pepper
- a dash of sesame oil (optional)
- sesame seeds for garnish (optional)

Instructions:

Preheat oven to 400 degrees. Line a baking sheet with aluminum foil and spray it with olive oil spray. Set your salmon on top, skin-side down.

In a small bowl, mix all the other ingredients and stir thoroughly to mix them all up. Get out a basting brush. Baste half of the sauce on top of the salmon. Bake for 5 minutes. Then spread the rest of the sauce on top and bake for up to 10 minutes more. At this point, your salmon will be just past medium so you decide if you want to bake it a little more or a little less.

When you go to serve it, run a spatula under the salmon. If you are lucky, the skin will stick to the foil a bit and let you slide the filet off of the pan and onto the plate. If it comes off with the skin that's no issue. Just eat it with or without the skin as you choose.

Serving suggestion

I served mine with sautéed snow peas and small tomatoes. Sauté in a pan coated with olive oil spray for just a few minutes to heat them through. That's enough to cook them.

Enjoy!

Cheers,