

Maple Mustard Salmon

Savannah · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

6

Description

A quick roast at high heat is one of the breeziest ways to cook salmon. Stir together a tangy stone-ground mustard glaze and brush it over the fillets. You'll be done with prep before the oven finishes preheating.

Ingredients

- 2 ½ tablespoons stone-ground mustard - 1 tablespoon maple syrup - 1 teaspoon fresh lemon juice - ½ teaspoon minced garlic - ¼ teaspoon minced fresh thyme - 6 (6 ounce) frozen salmon fillets
- thawed and patted dry - 1 teaspoon kosher salt - ½ teaspoon black pepper - 1 tablespoon olive oil

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a large baking sheet with foil. Whisk together mustard
2. maple syrup
3. lemon juice
4. garlic
5. and thyme in a small bowl. Season salmon on both sides with salt and pepper and brush with oil. Arrange salmon on prepared baking sheet. Brush with mustard mixture. Bake in the preheated oven until salmon flakes easily with a fork
6. 8 to 10 minutes. Cook's Note: If your salmon has skin
7. arrange skin sides down on the baking sheet.