Atlantic salmon with creamy pesto zoodles

**Servings**: 4  
**Cook time**: 18 minutes  
**Prep time**: 1-2 hours  
**Total time**: ~2 hours

This healthy dish is packed with nutrients, such as protein and omega-3 fatty acids from the salmon and anti-inflammatory properties from the zucchini. By making this dish, you’re also helping to decrease the spread of garlic mustard, a non-native species invading many natural areas across Canada.

To make this dish vegetarian/vegan, sub salmon for extra-firm tofu and margarine for coconut oil or ghee.

**Ingredients**

**For salmon**
- four small atlantic salmon fillets
- 2 tbsp. margarine, melted
- 2 ½ tbsp. pure maple syrup
- 1 tsp. soy sauce
- 1 tbsp. Dijon mustard

**For creamy pesto**
- 2 medium zucchinis, spiralized
- 1 cup garlic mustard plant leaves
- ¼ cup cashews
- 1 tbsp. olive oil
- ½ tsp. lemon juice
- ½ cup water
- pinch salt and pepper

**Directions**

1. In a small bowl, whisk together margarine, maple syrup, soy sauce and Dijon mustard to create a marinade for the salmon.
2. Cover salmon fillets with marinade and put in fridge for 1-2 hours.
3. Preheat oven to 350 F. Place fillets on baking sheet lined with parchment paper and bake for 18 minutes.
4. While salmon is cooking, prepare zoodles by washing zucchini thoroughly. Then, using a spiralizer, spiral the zucchinis into noodles.
5. To create the pesto, blend together garlic mustard plant leaves, cashews, olive oil, lemon juice, salt, pepper and water. Blend until mixture is creamy.
6. Pour creamy pesto over zoodles and toss until lightly coated.
7. Divide noodles onto separate plates and top with Atlantic salmon fillet. Serve.