

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
- 1tbsp. 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.
- 7.** Pour creamy pesto over zoodles and toss until lightly coated.
- 8.** Divide noodles onto separate plates and top with Atlantic salmon fillet. Serve.