

ROASTED SALMON AND BROCCOLI WITH LEMON PARMESAN SAUCE

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 4

PREPARATION TIME:

15 minutes

INGREDIENTS

2 cloves garlic, divided

1/4 tsp (1 mL) salt

Pepper

1 tbsp (15 mL) butter, melted, divided

2 tsp (10 mL) olive oil

Grated zest of 1/2 lemon

1/4 cup (60 mL) freshly squeezed lemon juice

6 cups (1.5 L) broccoli florets (about 1 large bunch)

4 pieces salmon fillet, 1/2-inch (1 cm) thick (each about 4 oz/125 g)

2 tbsp (30 mL) cornstarch

2 cups (500 mL) milk

1/4 cup (60 mL) Parmesan cheese, grated

INSTRUCTIONS

STEP 1

Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or foil.

STEP 2

In a small bowl, combine 1 clove of garlic, salt, 1/4 tsp (1 mL) pepper, 1 tsp (5 mL) of the melted butter, oil and 2 tbsp (30 mL) of the lemon juice.

STEP 3

On prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least 1/2 inch (1 cm) apart. Brush with remaining garlic mixture. Set aside.

STEP 4

In a small saucepan, heat remaining 2 tsp (10 mL) butter over medium heat. Sauté remaining clove of garlic for 1 minute. Whisk cornstarch with milk and stir into saucepan; bring to a boil, whisking often. Boil, whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese; drizzle in remaining lemon juice, while whisking, until blended. Season to taste with pepper.

STEP 5

Meanwhile, roast broccoli and salmon for about 8 minutes or until broccoli is browned and tender and salmon just flakes easily with a fork.

STEP 6

Divide broccoli and salmon among serving plates and drizzle with sauce.

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