

Maple Soy Glazed Salmon with Avocado Cream, Greens with Ginger Cilantro Dressing

Recipe By Paula Shoyer



Cooking and Prep:  40
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Serves:  4

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Nine Days

Diet: Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (24)

Salmon Ingredients

- 2 tablespoons maple syrup
- 2 tablespoons **Gefen Soy Sauce**
- juice of half a lime
- 1 tablespoon oil
- 1 side of salmon filet, sliced across into 1 and 1/2 inch strips

Avocado Cream Ingredients

- 2 ripe avocados
- 1 tablespoon fresh lemon juice
- 2 tablespoons water
- 1/4 teaspoon Gefen Cumin
- 1/4 teaspoon garlic powder
- salt
- dash white pepper

Salad with Ginger Dressing Ingredients

- 5 ounces greens, about a big handful per person
 - 3 green onions, sliced
 - 2 radishes, chopped into small pieces
 - 1/2 inch peeled fresh ginger or 2 cubes Dorot Gardens Frozen Ginger
 - 1/2 cup packed cilantro leaves
 - 1 teaspoon apple cider vinegar
 - 4 teaspoons Gefen Honey
 - 2 tablespoons orange juice
 - 4 tablespoons Bartenura Olive Oil
 - salt
 - pepper
 - 1 ripe mango, peeled and sliced
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Start Cooking

To Prepare the Salmon

1.)

Preheat oven to 350°F

2. In a 9 x 13 pan, combine the maple syrup, soy sauce, lime juice, and oil. Add the salmon slices and turn to coat all sides.
3. Heat a large pan over medium high heat until hot. Place the filets in the pan and cook for 2-3 minutes and then turn over for another 2-3 minutes, or until nicely browned.
4. Place into an oven-proof pan and bake for 10 minutes, or until done to your taste.

To Prepare the Avocado Cream

1. Place the avocado flesh into the bowl of a food processor fitted with a metal blade. Add the lemon juice, water, cumin, and garlic powder and process, scraping down the bowl a few times, until you have a light cream. Add a little water if it is too thick. Add the salt and white pepper.
2. If not using right away, cover tightly with plastic and place in the refrigerator. Rinse out the food processor bowl.

To Prepare the Dressing

1. Place the fresh ginger and cilantro leaves into the processor bowl and process until finely chopped. Add the vinegar, honey, and orange juice and process again.
2. While the machine is running, add the oil and mix until combined. Add the salt and black pepper to taste.
3. Refrigerate for at least one hour.

To Serve

1. Combine the salad greens, scallion and radish, and add the dressing, a little at a time. Mix well, adding more dressing until the leaves are just coated. Divide the greens among the plates.
2. Add the mango slices on top of the greens. Add the salmon slices to the plate and a dollop of avocado cream. Drizzle a little dressing on the mango and salmon and serve.