



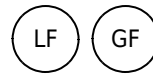
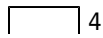
# Julie Zyromski

## Maple King Salmon on brussel sprouts and fingerling potatoes

Portions: 4

Preparation: 15 minutes

Cooking time: 40 minutes



### Ingredients

For the salmon

4 Organic King Salmon filets (150 - 200g each)

30 ml (2 tbsp) Coarse salt

30 ml (2 tbsp) [Maille](#) old fashioned mustard

30 ml (2 tbsp) [Maille](#) Grainy Mustard

15 ml (1 tbsp) Fresh lemon juice

30 ml (2 tbsp) Maple syrup

30 ml (2 tbsp) Fresh dill

30 ml (2 tbsp) Fresh chive

To taste Pepper

For the vegetables

0.5 lbs (275 g) Brussel Sprouts, in halves

1 lbs (550g) Fingerling potatoes, in halves

60 ml (1/4 cup) Olive oil

To taste Salt and pepper

### Steps

1. Pre-heat the oven to 400°F.
2. In a large plate, place your salmon filets and sprinkle with the pickling salt. Set aside in the refrigerator while prepping the rest of the recipe.
3. In a bowl, mix together the potatoes with the olive oil, a very generous amount of salt and pepper and transfer to your cast iron pan. Cook in the oven for 20 minutes.
4. In a smaller bowl, mix together the mustards, lemon juice and maple syrup. Reserve.
5. After the 20 minutes, add your brussel sprouts to the potatoes, mix and cook for 10 minutes more.
6. Rinse and pat dry the salmon filet. Transfer to the cast iron with vegetables and add your mustard sauce on the filets.
7. Cook for 10 minutes or until the salmon is opaque throughout.
8. Sprinkle with your fresh dill and chives.
9. Serve right away.