



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Sweet & Spicy Salmon with Carrot Fries & Salad

### Ingredients

#### Wild Caught Salmon

#### Sweet & Sour Glaze

Honey, Coconut Aminos, Hot Sauce, Orange Juice, Olive Oil

#### Ketchup

Tomato Paste, Apple Cider Vinegar, Worcestershire Sauce, Garlic Powder, Onion Powder, Paprika, Chili Powder, Cumin, Coriander, Salt, Pepper

#### Whole Produce

Carrots  
Lettuce  
Lemon

### Directions

Defrost salmon by placing vacuum sealed salmon in the fridge 12 hours before serving, or by placing in cool water 10-15 minutes before roasting.

Pre-heat oven to 400 & take out 2 baking sheets.

Spread carrots over the baking sheet, toss lightly with oil, salt and pepper, bake on middle rack for 20 minutes, tossing half way through.

Place salmon filets on a baking sheet, spread 1/4 to 1/2 of the glaze over them, bake 12-15 minutes on lower rack. (while carrots are cooking on middle)

Wash salad and place in a large bowl. Toss salad with the juice of 1 lemon and 3 tablespoons of olive oil.

To serve, plate salmon topping with more glaze as desired, salad and fries with ketchup on the side.

CAL 525

FAT 26g | CHO 49g | PRO 32g