



RECIPE | PEPPERS



SHEET PAN SALMON AND VEGGIES

The logo for Pure Flavor, featuring the text "pure flavor" in a blue circle with a green leaf icon.



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SHEET PAN SALMON & VEGGIES



25 min

5 min
PREP.

20 min
COOKING



6



easy

INGREDIENTS

FOR THE SHEET PAN DINNER:

- 2 Count Pure Flavor® Sweet Bell Peppers, sliced
- 12-14 baby bok choy, halved
- 2 lb salmon, sliced into pieces
- 3 green onions, sliced on the diagonal
- 1 pinch toasted sesame seeds, for garnish
- lime wedges, for garnish
- black pepper, to taste

FOR THE HONEY SOY LIME GLAZE:

- ¼ cup honey
- 3 tbsp fresh lime juice
- ¼ cup soy sauce
- 3 cloves garlic, minced
- 4 tsp grainy Dijon mustard

FOR THE BOK CHOY MARINADE:

- 2 tbsp fresh lime juice
- 2 tbsp canola oil
- 3 cloves garlic, minced
- salt & pepper, to taste
- zest from one lime

DIRECTIONS

- 1 Preheat oven to 425 °F. Add honey, lime juice, soy sauce, garlic, and grainy Dijon mustard in a small saucepan over medium-high heat. Allow to cook for a few minutes, stirring occasionally, and allow the glaze to thicken. Remove from the heat and set aside.
- 2 Slice peppers into half-inch wide strips. Cut the baby bok choy in half lengthwise and add to a medium bowl. In a bowl, combine lime juice and zest, canola oil, garlic, salt and black pepper. Whisk marinade mixture and add the bok choy, coating thoroughly. Set aside.
- 3 Slice the whole salmon into portion-sized pieces and place them on the sheet pan. Brush thoroughly with the honey soy lime glaze and bake for 5 minutes. After 5 minutes, add the prepared sliced peppers to the sheet pan.
- 4 After 3 minutes, add the marinated bok choy to the sheet pan. Cook for 5 more minutes depending on thickness of salmon pieces. Remove from oven and brush salmon with more honey soy lime glaze.
- 5 To add more crunch and color to the salmon, switch the oven to broil, and broil for up to 2-3 minutes. Serve immediately and garnish with sliced green onions, sliced lime, and sesame seeds.