

## Maple Mustard Salmon

### Ingredients

- ❖ Fresh salmon fillets 2 **fillets**
- ❖ salt 2 **pinches**

### Sauce

- butter (salted) 2 tablespoons
- maple syrup 2 tablespoons
- **whole grain** mustard 2 teaspoons
- soy sauce (dark) 2 teaspoons
  
- ❖ cooking oil 1 teaspoon
- ❖ parsley for garnish

## Potato Salad with Bacon and Daikon Radish Sprouts

### Ingredients

- ❖ potatoes 300 grams
- ❖ onion 50 grams
- ❖ daikon sprouts 1/2 package
- ❖ sliced bacon 3 slices
  
- water for boiling 2 1/2 cups
- salt 1/2 teaspoon
- sugar 1 tablespoon
  
- ❖ rice vinegar 3/4 tablespoon
- ❖ salt 1/4 teaspoon
- ❖ olive oil 3 tablespoons
- ❖ black pepper for garnish

Directions: First, let's make the potato salad!

**Soak** the onions

1. Finely **dice** the onions.
2. Soak the onions in water for 10 minutes, changing the water occasionally.
3. Drain the onions and squeeze out the excess water.

Prepare the potatoes

4. Peel the potatoes. **Slice** the potatoes 2 cm thick.
5. Put the potatoes in a pot. Add 2 ½ cups of water, ½ teaspoon of salt and 1 tablespoon of sugar. Bring to a boil over high heat.
6. When the water boils, turn down the heat to low and put a lid on the pot.
7. **Simmer** the potatoes for 8-10 minutes, until they are **cooked through**.

Mix the dressing

8. Put the rice vinegar and salt in a bowl and mix well with a whisk.
9. Gradually add olive oil while mixing **to thicken** the dressing.

Drain the potatoes and add dressing

10. Drain the potatoes. Put potatoes in a large bowl and break them up slightly with a spatula.
11. While the potatoes are hot, add the dressing and toss to coat evenly.

Panfry the bacon and cut daikon radish sprouts

12. Panfry the bacon slices in a little olive oil until **browned**. Cut into **bite sized** pieces.
13. Cut daikon radish sprouts into 3 cm long pieces.

Mix all ingredients together

14. When the potatoes have cooled, add the onion, bacon slices and daikon radish sprouts, and mix lightly.
15. Garnish with black pepper.

Next, let's make the maple mustard salmon!

Salt the salmon

1. Pat salmon dry with paper towel and **sprinkle** both sides of the salmon with salt. Let rest for 10 minutes, then pat dry with a paper towel again.

~Let's wash the dishes while we wait for the salmon ♪~

Mix the sauce

2. Heat butter in the microwave at 500 watts for 30 seconds until melted.
3. When butter has cooled, add maple syrup, whole grain mustard and soy sauce to the melted butter and stir to mix.

**Panfry** the salmon

4. Heat fry pan over medium heat and add cooking oil. Place the salmon fillets in the pan skin side down, and fry for 3 minutes on one side, until golden brown. Flip the salmon over and fry the other side for 2 minutes.
5. Remove the salmon fillets from the pan and wipe off excess oil with a paper towel.

**Coat** with sauce

6. Pour the sauce mixture into the pan and heat over medium-high heat until thickened slightly.
7. Return the salmon fillets to the pan and continue to cook over medium-high heat, occasionally turning the salmon over to coat with the sauce.
8. When the sauce has become thick and **glossy** and the salmon is well coated, turn off the heat and place the salmon on serving plates.
9. **Garnish** with freshly chopped parsley if desired!

~Let's eat!~

