

Soy Glazed Salmon and Vegetables

**Prep:**

5 mins

Total:

25 mins

Makes:

2 servings

Utensil:

10" Deep Skillet with Utility Rack - Limited Edition Complete
Gourmet Collection

Saladmaster Food Processor

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Recipe:**Contributed By:**

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Recipe Description:

Enjoy a delicious one-pan meal for 2 with the 10" Deep Skillet with Utility Rack. Prepare your vegetables in the pan and steam your salmon on the utility rack for a easy, no fuss meal that you can make anytime!

1 medium
yellow squash, sliced, use Cone #4
1 medium
red onion, roughly chopped
1 large (or 2 small)

red bell pepper, roughly chopped
1 small
broccoli crown, separated into florets
1 salmon fillet
½ cup
soy sauce
1 tbsp
garlic, minced
1 small
lemon, juiced
1 tbsp
honey
salt & pepper to taste (optional)

Directions:

1. Using the Food Processor, slice yellow squash directly into skillet.
2. Add red onions, red bell peppers and broccoli florets in rows next to each other to fill skillet approximately two-thirds of the way full.
3. Make space in vegetables to allow for legs of utility rack to fit raised in skillet. Carefully place rack in skillet.
4. Season salmon fillet with salt and pepper, to taste. Place fillet on top of utility rack, over vegetables.
5. In a small bowl, mix to combine soy sauce, garlic, lemon juice and honey. Pour soy glaze over salmon fillet and vegetables.
6. Place cover on skillet and turn heat to medium.
7. Cook for 10 minutes. The Vapo-Valve™ should begin clicking at approximately this time.
8. Reduce heat to low and cook for an additional 10 minutes. If you prefer a more well done salmon, continue to cook for an additional 5 minutes or to desired doneness.
9. Remove fillet from rack and transfer to a plate.
10. Carefully remove grill rack from skillet.
11. Plate vegetables with salmon and pour extra glaze over food to serve.

Tips:

- Grill rack will be hot to touch after cooking and should be handled with care. To remove rack, you can utilize two forks to secure cross wires, tongs or small oven mitts.
- Substitute any of the vegetables with your favorite variety. For example, substitute broccoli with Brussels sprouts or asparagus.

Nutritional Information per

▼ Serving

Calories: 392
Total Fat: 9g
Saturated Fat: 1g
Cholesterol: 62mg
Sodium: 1457mg
Total 47g
Carbs:
Dietary Fiber: 12g
Sugar: 21g
Protein: 37g