



### **Korean Inspired Oven Poached Salmon Dinner**

*Harmonious blend of vibrant vegetables and tender salmon, infused with bold flavors*

#### **Marinade:**

1/3 cup hoisin sauce  
3 Tablespoons soy sauce  
1-1/2 Tablespoons rice wine vinegar  
1-1/2 Tablespoons Gochujang  
2 garlic cloves, minced  
1 Tablespoon minced fresh ginger  
1-1/2 Tablespoons sesame oil

#### **Salmon and Vegetables:**

Baking oil spray as desired  
12 small multi-colored rainbow carrots  
1 large onion, peeled, halved, cut into wedges  
1-1/2 pounds salmon fillet, skin on, pin bones removed  
1/2 cup wild mushrooms  
1/2 cup Korean mirin or rice wine  
2 to 3 cups spinach leaves  
1 teaspoon toasted sesame seeds  
Salt and ground black pepper as desired  
1 small cluster fresh enoki mushrooms, optional  
1 cup lo bok radish, peeled, cubed, optional  
3 green onions, trimmed as desired  
1 small sweet red pepper, seeded; julienne slice

Preheat oven to 400 degrees F. Line a shallow baking pan with heavy foil; spray pan with oil; set aside.

**Mix Spicy Marinade:** In a medium sized bowl, combine the first seven ingredients together. Set aside. (The Marinade will be divided into thirds for the recipe.)

**Cook Carrots:** Scrub and trim carrot tops to about ½ inch; cut larger carrots lengthwise in half. Place in shallow container with onions; toss with 1/3 of Gochujang marinade. Layer evenly on prepared shallow pan. Roast in oven; tossing once for 30 minutes or carrots are tender, stir once during roasting.

**Prepare Salmon:** Meanwhile, rub salmon fillet with 1/3 of Gochujang marinade to marinate for about 25 minutes; cover; set aside.

**Bake Salmon:** Preheat oven to 450 degrees F. Line a large shallow baking pan with heavy foil; lightly spray foil with oil; place the precooked carrots and onions around edge of foil in pan; toss in mushrooms. Place salmon in the center, flesh up; drizzle mirin over. Cover the entire pan tightly with foil, allowing it to dome over the salmon. Bake until salmon reaches internal temperature of 125 to 130 degree F, about 15 to 18 minutes. The baking time will be longer if the salmon is thicker. Do not overcook the fish. The salmon will continue to bake as it rests. Set aside five minutes to rest.

#### **To Serve:**

- Line serving platter with spinach or lettuce leaves. Remove vegetables from pan to serving platter; remove salmon to platter, drizzle with pan drippings; sprinkle with sesame seeds; season with salt and pepper as desired. Drizzle salmon with the remaining Gochujang marinade. Top salmon with enoki mushrooms if desired.
- Add radish slices, green onions and red peppers to platter. Serves: 4

**About the Recipe:** Take a trip to the other side of the world with sweet spiced, tender carrots, caramelized onions, and earthy sautéed mushrooms beside perfectly oven-poached salmon. Complement this vibrant dish with crisp radishes, juicy red peppers, vitamin rich, fresh spinach and a generous drizzle of bold Gochujang sauce for an added kick. This recipe not only highlights the rich flavors of Korean cuisine but also offers a balanced and wholesome meal perfect for sharing with friends and family.