

CARBCONTROL RECIPES

MAINS

Maple Mustard glazed Salmon – serves 4

4 Salmon steaks
salt and pepper to season
2 tbsp sugar free maple syrup
1 tbsp Dijon mustard
2 tbsp soy sauce

Rinse and dry salmon steaks, then season with salt and pepper. Heat a casserole dish or broiler and line with aluminium foil. Combine syrup, mustard and soy sauce and mix. Place salmon in the pan and brush with half of mixture. Broil for 4 minutes, then turn salmon and brush with remaining mixture. Broil for another 2-3 minutes.