

Broccoli & Salmon Mustard Mayo Bake ブロッコリーと鮭のマスタードマヨ焼き

Serves 2

Ingredients Main

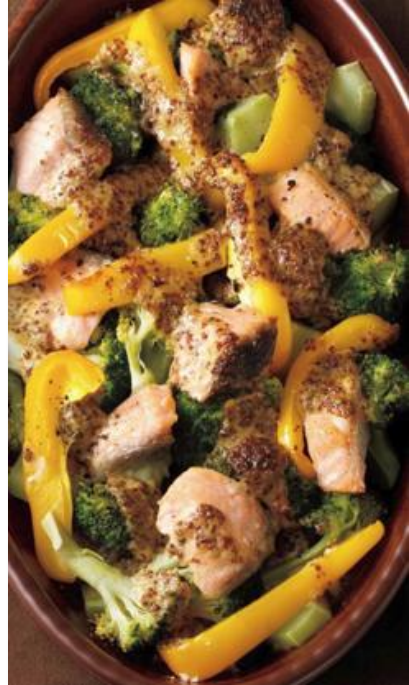
- 250 g broccoli florets
ブロッコリー
- 200–240 g fresh salmon (2 portions)
生鮭
- ½ yellow bell pepper (about 80 g), sliced
黄パプリカ

Mustard Mayo Sauce

- 3 T / 45 g mayonnaise
マヨネーズ
- 1 T / 15 g whole grain mustard
粒マスタード
- 1 tsp / 5 g Dijon mustard (optional)
- 1 tsp / 5 g lemon juice
レモン汁

Seasoning

- ½ tsp salt + ⅛ tsp MSG (about 3 g total)
- ¼ tsp black pepper
- 1 tsp / 5 g olive oil
オリーブオイル



Instructions

1. **Prep the broccoli:** Cut into florets, slice stems. Microwave covered **2–2½ minutes** until tender-crisp.
2. **Prep salmon:** Pat dry, cut into chunks, lightly season.
3. **Make sauce:** Mix **mayonnaise, mustards, lemon juice**.
4. **Preheat oven to 170°C.** Oil baking dish. Arrange vegetables and salmon. Season and spoon sauce over.
5. **Bake 12–15 minutes.** Optional: increase to 190°C for 3–5 minutes to brown.
6. **Finish with olive oil** drizzle and optional **lemon**.

Nutrition (per serving)

Kcal: 410 | Protein: 30 g | Fat: 28 g | Sat Fat: 5 g | Carbs: 10 g | Sugars: 4 g |
Fiber: 4 g | Sodium: 780 mg | Omega-3: 2.0 g

Notes / Variations

- **Replace** part of mayo with Greek yogurt for lighter version.
- **Add toasted panko** for texture.
- **Air fryer: 170°C 10–12 min**, then **190°C 3 min**.
- **Swap vegetables:** asparagus, Brussels sprouts, spinach.