



# Salmon Flavoured with Apples and Candied Onions

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 6

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

## INGREDIENTS

- 1 kg (2.2 lb) salmon fillets
- 1 red onion, finely sliced
- 30 ml (2 tbsp) olive oil
- 80 g (1/4 cup) maple syrup
- 2 large apples, peeled, cubed
- juice of one lemon
- 7.5 ml (1 1/2 tsps) fresh rosemary, finely chopped
- 5 ml (1 tsp) fresh thyme
- 7.5 ml (1 1/2 tsps) Himalayan pink salt\*

## PREPARATION

1. Preheat the oven to 350° F (180° C).
2. Place salmon fillets on a baking sheet lined with parchment paper.
3. In a saucepan, brown onion in olive oil over low heat, about 3 to 4 minutes. Then add the maple syrup and cook, still over low heat, until the syrup caramelizes (about 5 minutes).
4. Add apples and lemon juice and reduce syrup by half. Stir in herbs and salt and cook for an extra minute.
5. Spread the mixture over the salmon fillets and place in the oven on the centre rack.
6. Bake for about 20 minutes, or until the salmon flesh separates with a fork. The cooking time will vary depending on the thickness of the fillets.



*Salmon flavoured with apples and onions: a dish that's quick to prepare and that will always impress. A mixture of simply exquisite flavours to discover and enjoy!*

## TIP

\* If you don't have pink Himalayan salt on hand, simply replace it with sea salt.

## NUTRITION FACTS

Per portion	360 Calories
Fat: 13 g	20 %
Saturated 2,5 g	
Trans 0,1 g	13 %
Polyunsaturated: 3,5 g	
Omega-6: 0,7 g	
Omega-3: 2 g	
Monounsaturated: 6 g	
Cholesterol: 80 mg	
Sodium: 510 mg	21 %
Carbohydrate: 17 g	6 %
Fibres: 1 g	4 %
Sugars: 14 g	
Protéines: 34 g	
Vitamin A	8 %
Vitamin C	15 %
Calcium	8 %
Iron	15 %
Niacin	140 %
Sélénium	120 %
Vitamin B12	310 %