

Panko Crusted Salmon with Roasted Vegetables ---

1	1 cup 2 Tbps 1 fl oz 5 g 3 g	Mayonnaise Minced Garlic Lemon Juice salt pepper	Mix in blender and refrigerate to create a garlic aioli.
2	50 g 5 g 5 g	Panko Dried Rosemary Dried Parsley	Mix and combine in a bowl.
3	1/2 lb	Carrot	Peel and slice the carrots.
4	1 tbsp 2 tbsp 10 g	Brussel Sprouts Olive Oil Garlic salt	Trim the brussel sprouts, and cut in half. Toss Vegetables in olive oil and garlic salt, and place on a baking sheet.
5	1 lb 1 Tbps 1 Tbps	Salmon Fillet Salt Pepper	Place salmon on an aluminum-foil lined baking sheet. Season generously with salt and pepper. Spread the aioli over the salmon, then pat the sides with the panko mixture.
6			Place vegetables and salmon on the bottom and top racks respectively and bake at 400 until the salmon is 130 degrees F, then rest for five minutes.