

### Panko Crusted Salmon

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1	150 g 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	200 g 5 g 5 g	Panko Dried Rosemary Dried Parsley	Mix and combine in a bowl.
3	1 lb	Salmon Fillet Kosher 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. Bake at 400 F until the salmon is 130 degrees F, then rest for five minutes.

### Roasted Vegetables

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1	1/2 lb	Carrot	Peel and slice the carrots.
2	10 oz 2 tbsp 10 g	Brussel Sprouts Olive Oil Garlic salt	Trim the Brussels sprouts, and cut in half. Toss Vegetables in olive oil and garlic salt, and place on a baking sheet.
3			Bake at 400 until browned.