



summer served up fresh and easy

## MAPLE-PLANKED SALMON WITH CARROT SLAW

**PREP TIME:** 15 min. **TOTAL TIME:** 40 min.

**MARINATING TIME:** 30 min. **SERVES:** 8

### INGREDIENTS

- ½ cup plus 2 tbsp (155 mL) *Sensations by Compliments* Maple Barbecue Sauce, divided
- ¼ cup (60 mL) maple syrup
- 8 Atlantic salmon fillets, approx. 5 to 6 oz each (150 to 175 g), skin removed
- 4 cups (1 L) julienned or shredded carrots
- 2 tbsp (30 mL) *Sensations by Compliments* aged Balsamic Vinegar of Modena
- 1 tbsp (15 mL) extra virgin olive oil
- ½ tsp (2 mL) salt
- Freshly ground pepper, plus more to taste
- 2 *Compliments* Maple Grilling Planks, soaked according to package instructions
- 2 tbsp (30 mL) finely chopped *Compliments* Organic Fresh Chives

### DIRECTIONS

1. Whisk together ½ cup (125 mL) barbecue sauce and maple syrup in a large shallow bowl or glass baking dish. Add salmon fillets and turn over to coat. Cover with plastic wrap and refrigerate for 30 min., or more.
2. Mix carrots, balsamic vinegar and olive oil in a medium bowl. Season with salt and pepper, and set aside.
3. Preheat grill to medium-high. Set soaked planks on hot grill, lightly brush them with vegetable oil, and close the grill. When grill starts to smoke, remove salmon from marinade, season with salt and pepper to taste, and arrange fillets on planks. Brush some additional marinade over salmon, close the lid, and reduce heat to medium. Cook without peeking for 12 min.
4. Brush additional 2 tbsp (30 mL) barbecue sauce over salmon and cook for 5 to 10 min. longer, until opaque and just cooked through. Meanwhile mix chives into carrot slaw. Place slaw on 8 plates or a platter and top with maple salmon fillets.

**PER SERVING (1/8 OF THE RECIPE):** 330 CALORIES, 28 g protein, 16 g total fat (3.5 sat. fat), 90 mg cholesterol, 17 g carbohydrates, 2 g fibre, 290 mg sodium, 740 mg potassium