

Salmon in Dijon Mustard and Olive Oil

One side of filleted salmon, cleaned with pin bones removed, room temperature

2 tablespoons Dijon mustard

2-3 tablespoons olive oil

1-2 teaspoons Montreal Steak Seasoning OR 1 teaspoon coarse salt, 1/2 teaspoon red crushed pepper, 3/4 teaspoon black pepper, 1/2 teaspoon paprika, 1 teaspoon granulated garlic, 1 teaspoon onion powder
2 teaspoons demerara sugar OR light brown granulated sugar

Directions:

Preheat the oven to 375 F/190 C. Prepare rimmed baking sheet with parchment paper to cover. Place cleaned salmon on paper.

Smear the mustard and olive oil on the side of salmon till completely coated on top. Sprinkle with the seasonings till the whole top is lightly covered and sprinkle with demerara sugar lightly all over.

Pop into hot oven and bake 25-30 minutes or till fish is firm and fully cooked. Serve hot or at room temperature.