



PROJECT: GET IT DONE TOGETHER

Des Linden's Baked Chipotle Salmon

Des is a John Hancock Elite Athlete Ambassador and 2018 Boston Marathon Champion. This recipe keeps her fueled up for her workouts.

Ingredients:

- 4 salmon fillets (1 1/4lbs)
- 1 orange
- 1 clove fresh garlic - finely chopped
- 1/2 teaspoon ground coriander
- 1 teaspoon kosher salt
- 2 tablespoons chipotle pepper sauce

Prep:

1. Preheat broiler on high. Line baking sheet with foil.
2. Zest orange peel (1 teaspoon); squeeze for juice (1 tablespoon). Chop garlic.

(How to zest an orange: wash lemon and then using the smallest openings on a box grater, push the lemon away from you across the rough side of the grater to remove the orange part of the skin. This is the zest.)

Instructions:

- Place salmon on baking sheet. Combine coriander and salt; sprinkle over top of fish. Whisk zest, juice, pepper sauce, and garlic until blended. Set aside 1 tablespoon.
- Brush salmon with orange mixture and place under broiler (4-6in from heat). Broil 7-8min or until 145F. Drizzle with remaining juice.
- Plate and serve with rice and salad. Enjoy!