

Protein Flip™ Mustard-Rosemary Salmon with Leeks, Fennel & Edamame

Serves 4 | Prep Time: 15 min | Cook Time: 20 min | Total Time: 35 min

A vibrant, plant-forward take on salmon, featuring smaller portions of fish layered over tender leeks, fennel, and protein-rich edamame. Finished with a tangy mustard-rosemary glaze, this dish delivers balanced protein, fresh flavors, and beautiful color on the plate.

I used both my Our Place Wonder oven and Titanium Always Pan Pro. [Affiliate link in bio.](#)



Recipe:

Ingredients:

Salmon & Glaze

4 skinless salmon fillets (4 oz each)

1 tbsp olive oil

1 tbsp whole-grain mustard

1 tbsp honey

1 tbsp chopped fresh rosemary

1/2 tsp toasted fennel seeds

Salt and black pepper, to taste

Vegetables & Edamame

1 large leek, sliced (white and light green parts only)

1 small fennel bulb, thinly sliced

1 tbsp unsalted butter

1 tbsp white wine or lemon juice

2 cups shelled edamame (thawed if frozen)

2 tbsp chopped parsley, for garnish

Directions:

Preheat Oven

Preheat oven to 400°F (200°C). Position a rack in the center.

Make the Mustard Glaze

In a small bowl, combine mustard, honey, rosemary, fennel seeds, and a pinch each of salt and pepper. Stir until smooth; set aside.

Prepare Vegetables

Clean leek thoroughly to remove grit; slice into thin half-moons.

Trim fennel bulb, remove any tough outer layers, and slice thinly. Reserve fronds for garnish if desired.

Sauté Leeks & Fennel

Heat butter and olive oil together in a large oven-safe skillet over medium heat.

Add leeks and fennel; cook, stirring occasionally, for about 5 minutes until softened.

Pour in white wine (or lemon juice), scraping up any browned bits. Let reduce for 1 minute.

Add Edamame

Stir in edamame and season with a pinch of salt and pepper. Cook for 2 minutes to warm through. Spread the mixture evenly in the skillet.

Add Salmon

Pat salmon fillets dry and place them on top of the vegetable-edamame mixture. Spread the mustard glaze evenly over each fillet.

Bake

Transfer skillet to the oven and bake 12–14 minutes, or until salmon flakes easily with a fork and reaches 125–130°F for medium-rare (cook longer if desired).

Garnish & Serve

Sprinkle with parsley (and reserved fennel fronds, if using). Serve salmon over the vegetable-edamame mix, spooning any pan juices on top.