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COOKIN' WITH THE 'CAPS

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PAN SEARED SOCKEYE SALMON

WITH TROPICAL FRUIT SALSA & BROWN RICE PILAF

INGREDIENTS

TROPICAL FRUIT SALSA

½ cup pineapple pieces,
cubed ½"

¼ cup mango pieces,
cubed ½"

1 tbsp finely chopped
red onions

½ tsp finely chopped ginger

1 tsp chopped cilantro

1 tsp honey

½ tsp sriracha

SALMON:

2 x 250g sockeye fillets
(skin removed)

1 tsp butter

1 tsp vegetable oil

¼ tsp cracked black pepper

¼ tsp salt

GARNISHES

cilantro sprigs

lime wedges

RICE PILAF

1 ½ cups pre-cooked brown
rice

¼ cup chopped red onion

1 tsp minced garlic

1 tsp olive oil

¼ tsp cracked black pepper

¼ tsp salt

¼ tsp allspice

DIRECTIONS

Make Tropical Salsa. Cut pineapple and mango. Mix with honey, sriracha, ginger, cilantro, and red onion. Set aside. Heat frying pan over medium heat.

Pat salmon fillet dry with paper towel. Season with salt and pepper.

Add butter and oil to frying pan and add fillet, skin-side down to frying pan. Cook for 4 mins per side, or until salmon is cooked through. Set aside.

Meanwhile, in a frying pan, heat olive oil. Add onions and garlic and sautee for 3-4 minutes. Add brown rice and continue to cook, until heated through, 3-4 minutes. Add salt and pepper, as well as lemon juice.

Place rice pilaf into large dinner bowl. Place salmon fillet on top of bed of rice, and top with tropical fruit salsa. Garnish with cilantro sprig and lime wedge.

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