

RECIPE

SWEET POTATO VEGETABLE HASH WITH SEARED SALMON AND ROASTED RED PEPPER ONION RELISH

Ingredients:

(4 Servings, 3 oz. Fish, 2 Tablespoons Relish, 2 cups Hash)

Spice Rub for Fish and Poultry

- 1 ea. Lemon, fresh
- 2 tsp Coriander, ground
- ¼ tsp Cayenne Pepper
- 12 oz. Fresh Wild Salmon, four 3 oz. fillets, or frozen if not available
- 4 tsp Paprika, ground
- ¼ tsp Salt and Black Pepper, each

Roasted Red Pepper and Onion Relish

- ½ cup Roasted Red Peppers
- ¼ ea. Red Onion
- 1 tsp Cider Vinegar
- ¼ tsp Salt and Black Pepper, each

Sweet Potato Vegetable Hash

- 1 Tbsp Olive Oil
- 2 Tbsp Fresh Parsley, chopped
- 3 ea. Garlic Cloves, minced
- 1 cup Sugar Snap Peas
- 2 ea. Sweet Potatoes
- 1 ea. Spanish Onion
- 1 ea. Red Bell Pepper
- 2 ea. Zucchini Squash
- 4 cups Spinach, fresh
- 4 ea. Fresh Parsley Sprigs
- 2 ea. Fresh Thyme Sprigs
- ¼ tsp Salt and Black Pepper, each

Directions

Preparation time = 20 minutes

Cook time = 15 minutes

1. Prep

- Rinse uncut produce in fresh water. Peel the sweet potatoes (if desired) and cut into ½ inch cubes.
- Cut the zucchini in half lengthwise and dice into ½ inch pieces.
- Cut the red bell pepper into ½ inch dice.
- Cut the 1 lemon in half. Squeeze the juice out of the both halves using a strainer to catch the seeds, reserve the juice. Slice the second lemon into 4 equal wedges. Set aside.
- Peel and dice the Spanish onion. Clean the snap peas and cut in half at a diagonal.
- Mince the garlic.
- Tear the parsley leaves from the stems and mince. Reserve 2 Tbsp for the relish.
- Remove the leaves from the stem of thyme and add to the parsley.

2. Make the Spice Rub and Marinate the Salmon

- Cut the salmon into 4 equal 3 oz pieces.
- Combine the coriander, paprika, cayenne pepper, salt and pepper.
- Rub on the salmon pieces and set aside.

3. Make the Roasted Red Pepper and Onion Relish

- Dice the roasted red pepper and red onion.
- Combine with minced parsley, cider vinegar and season with salt and pepper. Set aside.

4. Make the Hash

- Heat over high heat one large pan non-stick pan, add olive oil, swirl pan to coat. Add the onions and lightly brown. Add the sweet potatoes and cook for 5 to 7 minutes until starting to get tender but not soft. Add the zucchini, red pepper, garlic, and snap peas. Cook for 2 minutes or until the pepper becomes tender. Season with salt and pepper. Add the spinach and parsley/thyme to the hash, stir to combine.
- While the hash is cooking, heat a non stick pan. Add the salmon pieces and cook each side for 2 to 3 minutes depending on the thickness. Be careful not to over cook. Drizzle the hash with the lemon juice.
- In the pan divide the hash into 4 portions. Scoop the hash onto the plate and create a base for the salmon. Place the salmon over top and garnish with relish and a lemon wedge.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
303	10g	2g	33g	23g	8g	511mg