

# Pan-Seared Salmon with Colorful Vegetable Hash

This bright and delicious meal is a feast for your eyes AND taste buds. Pan-seared salmon fillets are served over a medley of marble potatoes, cauliflower, red cabbage, and peas, and finished with a creamy lemon tahini dressing.

## Ingredients

- Salmon fillets – 290 cal **F**
- Marble potatoes – 70 cal
- Cauliflower florets – 20 cal
- Peas – 20 cal
- Red cabbage – 15 cal
- Sumac paprika spice – 15 cal
- Lemon tahini dressing – 120 cal

## Allergens

- F** Fish

## Supplies to Gather

- Two nonstick saute pans (10 inches or larger)
- Kitchen knife & cutting board
- Spatula
- Cooking spoon
- Kitchen tongs
- Paper towels
- Salt & pepper
- Cooking oil



550

Calories  
Per Serving

31g

Total  
Fat

35g

Total  
Protein

31g

Total  
Carbohydrates

6g

Dietary  
Fiber



Lean &  
Clean



## \*\* Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

### Mt. Cook King Salmon Fillets – 470 cal

Place a nonstick saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the **salmon fillets** skin-side down in the pan. Use a spatula to gently press the fish into the pan for 30 sec to ensure even browning. Reduce the heat to **medium** and cook for 3 min. Use a spatula to gently turn over the salmon fillets. Cook for 3-4 additional min, or until cooked to your desired doneness. We recommend cooking salmon to **medium** doneness.

### Skinless Chicken Breasts or Organic Skinless Chicken Breasts – 460 cal

Place a saute pan on the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the **chicken breasts** into the pan and cook for 4 min. Use tongs to turn over the chicken and cook for 5-6 additional min. Transfer the chicken to a cutting board to rest for 2-3 min before slicing.

**Note:** Calories listed are the total calories (per serving) including the alternate protein.

### Please Note:

Cooking times may vary due to different appliances and temperatures.

**Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**



### Step 1

- Rinse and pat dry your fresh produce.
- Slice the **marble potatoes** into bite-size pieces.
- Roughly chop the **cauliflower florets** into smaller bite-size pieces.



### Step 2

- Place a nonstick saute pan onto the stovetop, add 2-3 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **marble potatoes**. Season with salt and pepper. Cook for 3 min, stirring the potatoes as they cook.
- Stir in the **cauliflower florets** and cook for 4 min, or until browned.
- Add the **peas** and **red cabbage** and stir together. Cook for 2-3 additional min, or until the cabbage is wilted and the cauliflower is tender. **Turn off the heat**. Season to taste with salt and pepper. Spoon the vegetable hash onto serving plates.



### Step 3

- **Meanwhile**, place the **salmon fillets** onto paper towels and pat dry. Season both sides with salt and pepper.
- Place a second nonstick saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the salmon fillets skin-side down into the pan. Use a spatula to gently press the fish into the pan for 30 sec to ensure even browning on the skin.
- Reduce the heat to **medium** and cook for 3 min. Use a spatula to gently turn over the salmon fillets. Cook for 3-4 additional min, or until cooked to your liking. (We recommend cooking salmon to **medium** doneness.) **Turn off the heat.**



### Let's Plate!

Place the seared salmon over the vegetable hash. Drizzle the vegetable hash with the **lemon tahini dressing** and sprinkle the dish with the **sumac paprika spice** as desired.