

SEARED SALMON WITH SWEET POTATO SUCCOTASH

WHAT YOU'LL NEED:

- Cutting board
- Large skillet
- Medium skillet
- Sharp knife
- Medium bowl

INGREDIENTS:

- 2x 6oz Fresh Coho Salmon Filet, skin off
8 tbsp Vegetable Oil
2/3 cup Sweet Potato
2/3 cup Fresh Tomatoes
2/3 cup Yellow Onion
2/3 cup Corn Kernels, fresh or frozen & thawed
2/3 cup Peas, fresh or frozen & thawed
1 cup Arugula
1 tsp Extra-virgin Olive Oil
salt and pepper (to taste)

WINE PAIRINGS:

- Nk'Mip Cellars Winemaker's Series Pinot Blanc
Nk'Mip Cellars Winemaker's Series Rosé
Nk'Mip Cellars Q'wam Q'mt Pinot Noir

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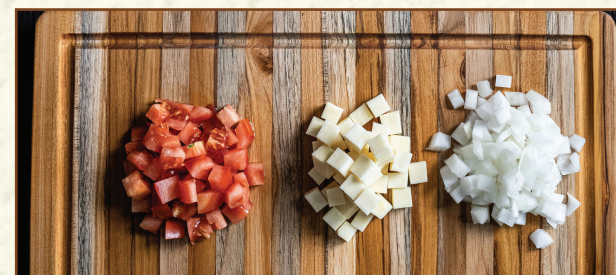
1. PREPARE SALMON

- Heat **2 tbsp vegetable oil** in a medium non-stick skillet on med-high heat until shimmering.
- Season **salmon** with **salt and pepper** and place in pan for 2 minutes. Carefully flip salmon over and reduce heat to low after 2 minutes.
- Turn heat off and leave in pan for 1 minute.
- Transfer salmon to plate.



3. SAUTÉ VEGETABLES

- In a large skillet heat **2 tbsp of vegetable oil** on med-high heat.
- Add **onions, sweet potatoes, corn, peas, and a dash of salt and pepper**.
- Cover pan and sauté veggies until softened, stirring occasionally, about 5 – 6 minutes.
- Remove lid stir in fresh tomatoes and check sweet potatoes for doneness before serving.



2. CHOP VEGETABLES

- Dice **onion, sweet potato & tomato**.
- Set **diced tomatoes** aside.



4. PLATE & SERVE

- Toss **arugula** in a bowl with **extra virgin olive oil** and a pinch of salt.
- Place half of succotash on each and top with arugula.
- Place salmon on succotash and enjoy!