

SALMON KEBOB SALAD

PREP: 20 MIN SERVES
TOTAL: 45 MIN 

COHO FACTS



SCIENTIFIC NAME: *Oncorhynchus kisutch*

WHERE THEY'RE CAUGHT:



SEASON: July - September

CULINARY PROFILE: The most versatile salmon species, Coho is mild and easy to use in a variety of preparations and styles.



INGREDIENTS

- 6-8 OUNCES COHO SALMON, SKINNED AND CUT INTO 1 1/2 INCH CUBES
- 1/2 CUP RED WINE VINEGAR
- 1 1/2 TEASPOON MAPLE SYRUP, DIVIDED
- 1 RED ONION, THINLY SLICED
- 1 TABLESPOON TAMARI OR SOY SAUCE
- 1 TABLESPOON SRIRACHA
- 1 TABLESPOON HONEY
- 1 TABLESPOON LIME JUICE
- 1 TEASPOON SUNFLOWER OIL
- 1 TEASPOON DIJON MUSTARD
- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- 5 OZ BABY GREENS
- 1/2 CUP CHOPPED ALMONDS
- 2 NECTARINES, SLICED
- SALT + PEPPER (TO TASTE)

DIRECTIONS

1 PICKLE ONIONS

In a small pot, heat red wine vinegar, 1/2 cup water, 1/2 teaspoon salt, and 1/2 teaspoon maple syrup until it comes to a simmer. Add red onions and cook 30 seconds. Let cool in the fridge for at least 30 minutes.

2 MARINATE COHO

Toss salmon cubes with tamari, sriracha, honey, lime juice, and sunflower oil. Marinate for 10 minutes.

3 MAKE VINAIGRETTE

Combine 1 teaspoon maple syrup, 2 tablespoons vinegar from the pickled red onions, dijon mustard, olive oil, and salt & pepper (to taste) in a small mason jar. Shake to combine.

4 BROIL COHO

Line a sheet pan with aluminum foil and place kabobs on top (using skewers if you have them). Sprinkle evenly with salt, and place under a preheated broiler on high heat for 2-3 minutes until cooked.

5 ASSEMBLE SALAD

Toss greens with 1/2 cup pickled onions, chopped almonds, nectarine slices, and maple-mustard vinaigrette. Top with salmon kebobs.

Pro-Tip: During summer months, enjoy the outdoors and grill the salmon on a well oiled grill.

Beverage Pairing: Serve this salad for lunch or a light dinner with a chilled glass of chardonnay.

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