



BRISTOL BAY
SOCKEYE SALMON

SOCKEYE SALMON QUINOA TACO BOWLS

SERVINGS: 3-4

Ingredients:

For the mango salsa:

- 1 large ripe mango, cubed
- 1/2 cup red onion, diced
- 2 tablespoons jalapeno, minced
- 1/2 cup cilantro, finely chopped
- 1 lime, juiced
- salt

For the lime crema:

- 1/2 cup sour cream
- 1/4 cup milk, for thinning
- 1 lime, juiced
- 3/4 teaspoon garlic powder
- salt to taste

For the salmon:

- 1 pound sockeye salmon, pin bones and skin removed, cut into four fillets
- salt and pepper
- 2 tablespoons avocado oil for the pan
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon sugar

For the bowls:

- 1 cup quinoa, steamed
- 2 cups black beans, heated through
- 2 cups cabbage, shredded
- 1 avocado, sliced
- 1 lime, cut into wedges

Directions:

For the mango salsa:

- 1 to a medium bowl, add the mango, red onion, jalapeño, and cilantro. Squeeze lime juice over top, season with salt, and stir to combine. Cover and refrigerate until ready to serve.

For the lime crema:

- 2 In a small bowl, whisk together the sour cream, milk, lime juice, and garlic powder until smooth and combined. More milk (up to 1/4 cup) can be added as needed to thin the mixture so that it is pourable consistency. Season generously with salt. Cover and refrigerate until ready to serve.

For the salmon:

- 3 Heat a heavy-bottomed skillet to medium high heat. Add the avocado oil to the pan. Pat each fillet dry and season each with salt and pepper. In a small bowl, stir together the chili powder, cumin, and sugar. Sprinkle the seasoning mixture over each fillet to coat, patting the seasoning down so that it adheres to the fish. Sear the salmon fillets in the hot pan, about 2-3 minutes per side for medium (cooking times will vary depending on the thickness of your fillets), being careful not to overcook.

To assemble the bowls:

- 4 In each bowl, layer the ingredients beginning with a base of quinoa, followed by black beans, then cabbage. Top the cabbage with the salmon fillet. Top the salmon fillet with a generous portion of mango salsa. Drizzle the entire bowl with lime crema. Serve with avocado slices and lime wedges and your favorite hot sauce on the side.

Find more delicious wild sockeye salmon recipes
at www.bristolbaysockeye.org.