

SOFRITO SPICED PAN SEARED SALMON with PLANTAIN & PEPPER FRY

A fusion of Afro-Latin and Caribbean flavors creating a healthy soulful dish

Yield: 4 servings at approximately 40 grams carbohydrates per serving.

GATHER EQUIPMENT:

- | | |
|--------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Paper towel | <input type="checkbox"/> 1 large cast iron or oven safe skillet |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> 1 cooking spatula |
| <input type="checkbox"/> 1 plate for raw fish | <input type="checkbox"/> 1 cutting board |
| <input type="checkbox"/> 1 plate for cooked fish | <input type="checkbox"/> 1 knife |

PREP IT!

Sofrito Spiced Pan Seared Salmon

- 1 tablespoon Oil, any kind
- 16 ounces Wild caught Salmon fillets, skin on, cleaned and trimmed, cut into 4 oz fillets
- 1 teaspoon **Taste Tutor Smoked 101**
- 1 tablespoon **Taste Tutor Sofrito Seasoning**

Plantain & Pepper Fry

- 1 tablespoon Oil, any kind
- 2 medium Plantains, fresh, ripe, diced
- 1 large Bell pepper, red, fresh, sliced
- 1 large Bell pepper, green, fresh, sliced
- 1 large Red onion, fresh, sliced
- 8 cloves Garlic, fresh sliced or minced
- 1 teaspoon **Taste Tutor Smoked 101**
- 1 tablespoon **Taste Tutor Sofrito Seasoning**
- 4 tablespoons Cilantro, fresh, minced

MAKE IT!

For Sofrito Spiced Pan Seared Salmon

1. Preheat oven to 400°F.
2. Heat oil in a large cast iron skillet or oven safe skillet over medium-high heat. Pat the salmon dry. Season with **Taste Tutor Smoked 101** and **Taste Tutor Sofrito Seasoning**. Sear each side of the salmon by cooking skin side down first, for 3 to 4 minutes per side or until each side is golden brown.
3. Place the entire skillet into the oven and bake at 400°F for 7-10 minutes, depending on the thickness of the salmon, until internal temperature is at least 145°F.
4. Once baked, using a spatula, remove the salmon from the skillet and place on a separate plate. Skillet will be hot.

For Plantain & Pepper Fry

5. While salmon is cooking, prep remaining vegetables.
6. In the same skillet, heat oil over medium-high heat. Sauté plantains until golden brown. Add peppers, onion, and garlic and continue to sauté until peppers soften slightly. Season with **Taste Tutor Smoked 101** and **Taste Tutor Sofrito Seasoning**.
7. Serve salmon on a bed of plantains and peppers. Top with cilantro. Enjoy!

GROCERY LIST

Produce

- | | |
|---------------------------------------------|---------------------------|
| <input type="checkbox"/> 2 medium | Plantains, fresh, ripe |
| <input type="checkbox"/> 1 large | Bell pepper, red, fresh |
| <input type="checkbox"/> 1 large | Bell pepper, green, fresh |
| <input type="checkbox"/> 1 large | Red onion, fresh |
| <input type="checkbox"/> 1 small bag or jar | Garlic, fresh or minced |
| <input type="checkbox"/> 1 bunch | Cilantro, fresh |

Spice/Oils

- | | |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1 small bottle | Oil, any kind |
| <input type="checkbox"/> 1 jar | Taste Tutor Sofrito Seasoning https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/sofrito |
| <input type="checkbox"/> 1 jar | Taste Tutor Smoked 101 <i>available for pre-order at</i> letscook@thetastetutor.com |

Meats

- | | |
|------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> 16 ounces | Wild caught Salmon, skin on, cleaned and trimmed, cut into 4 oz fillets |
|------------------------------------|-------------------------------------------------------------------------|

HEALTHY & FLAVORFUL TIDBITS

- Here are some tips on achieving balanced flavorful dishes on a low carb or low sugar diet.
- Incorporate low glycemic index foods like whole grains and high fiber root vegetables and other foods into your diet. The fiber will help to keep you fuller longer and won't raise your blood sugar as quickly as processed, white carb foods. Incorporate foods high in protein into your diet for the same reasons.
- When choosing fruits and vegetables, try to stick with what is in season. Fruits and vegetables that are in seasoning will likely result in riper, more flavorful produce so more sugar or salt does not need to be added to recipes.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed.
- Have a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes. <https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>