



BRISTOL BAY
SOCKEYE SALMON

SALMON WITH RHUBARB- GINGER SAUCE AND SPIRALIZED VEGGIES

SERVINGS: 4

Ingredients:

Rhubarb-Ginger Sauce

- 3 tablespoons avocado oil, divided
- 2 cloves garlic, minced
- 2 tablespoons minced ginger
- 1 cup thinly sliced rhubarb
- 3 green onions, sliced thinly (about 1/2 cup)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons liquid aminos or coconut aminos
- 1/4 teaspoon liquid stevia
- 4 sockeye salmon fillets

Spiralized Veggie Salad

- 4 cups cooked quinoa, kept warm
- 2 tablespoons avocado oil
- 2 cups fresh chopped green beans
- 2 cups fresh snap peas, halved lengthwise diagonally
- 2 cups yellow summer squash, sliced in half-moons
- 1-2 cups fresh baby spinach/arugula
- 1 medium carrot, peeled and spiralized/julienned
- 1 medium beet, peeled and spiralized/julienned
- 1 large avocado, cut in chunks/slices
- 1/4 cup toasted pepitas or pine nuts
- Lemon-pepper seasoning, as needed
- Favorite herbed vinaigrette dressing, as needed

Directions:

- 1** To make the rhubarb-ginger sauce, heat half of the oil in a sauté pan over medium-high heat. Add the garlic and the ginger and cook for about 30 seconds. Add the rhubarb and sauté for an additional 30 seconds. Add the green onion, vinegar, liquid/coconut aminos and liquid stevia. Cook to heat through; cover and keep warm.
- 2** To pan-sear the salmon, heat a skillet or heavy ridged stovetop grill pan over medium-high heat. If using frozen salmon, rinse under cold water to remove any ice glaze; pat dry with paper towel. Brush both sides of fish with remaining avocado oil. Place fish in heated pan, skin side up, and cook, uncovered, 3-4 minutes, until browned. Turn fish over and season lightly with salt and pepper. Cover and reduce the heat to medium. Cook an additional 6-8 minutes until fish is opaque throughout.
- 3** In a very large skillet or wok, heat the avocado oil, then add the green beans, snap peas and squash. Sauté the veggies over medium-high heat about 5 minutes, until crisp-tender. Remove from heat and stir in the spinach/arugula to wilt slightly.
- 4** To assemble: Stir all of the cooked quinoa into the skillet veggie mixture. Increase heat to medium and cook until warmed throughout. Taste and add ground pepper, if desired. Portion the quinoa-veggie mixture onto 4 large bowls or plates. Top the bowls with the carrot, beet, avocado and toasted pepita seeds. Drizzle salad with 3 to 4 tablespoons favorite vinaigrette dressing. Top each bowl with a salmon fillet and spoon on some rhubarb-ginger sauce.

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