

Chili-Cumin Rubbed Salmon



Enjoy! Jackie Allen's recipe.

Ingredients:

Olive oil (separated 1 1/2 teaspoon for cooking the fish and 1 for stir frying the vegetables)

1/2 chopped white or red onion

1 teaspoon chili powder

1 1/2 teaspoon cumin powder

14 ounces corn (frozen or canned)

1 1/2 cups of sliced bell pepper; any color!

1/2 teaspoon dried parsley or cilantro

1/2 teaspoon salt (sea salt or kosher salt tastes best!)

1/4 teaspoon black pepper



Directions:

1) Mix in a small bowl all of the seasonings - chili, cumin, dried parsley, salt and pepper.

2) Rub the fish with the seasoning mixture. Set aside.

3) Heat a large non-stick skillet over high heat. Add the oil and heat until hot.

4) Add vegetables, stir frying until lightly cooked, should have a snap bite taste - not soft.

5) Add a little salt and pepper, coat evenly. Remove and place in a large bowl or plate. Set aside.

6) Carefully lay fish, skinned-side up in the skillet. Cook the fish turning once until brown, crisp, and just firm, about 3 to 4 minutes on each side. Transfer the salmon to a serving platter with fresh, colorful vegetables!

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