



# SOCKEYE SALMON QUINOA TACO BOWLS

WITH MANGO SALSA AND BLACK BEANS

## INGREDIENTS

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*Makes 3-4 servings*

### **Sockeye 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

### **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

### **Lime Crema:**

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

### **Bowls:**

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

*Wild Taste*

— AMAZING PLACE —

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## DIRECTIONS

**Sockeye Salmon:** 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.

**Mango Salsa:** 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.

**Lime Crema:** In a small bowl, whisk together the sour cream, milk, lime juice, and garlic powder until smooth and combined. More milk (up to ¼ 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.

**Assembly:** 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.

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**BRISTOL BAY**  
ALASKA'S SOCKEYE SALMON

**WILD TASTE. AMAZING PLACE.**