**SOFRITO SPICED PAN SEAURED 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:**
- [ ] Paper towel
- [ ] Measuring spoons
- [ ] 1 plate for raw fish
- [ ] 1 plate for cooked fish
- [ ] 1 large cast iron or oven safe skillet
- [ ] 1 cooking spatula
- [ ] 1 cutting board
- [ ] 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
- 2 medium Plantains, fresh, ripe
- 1 large Bell pepper, red, fresh
- 1 large Bell pepper, green, fresh
- 1 large Red onion, fresh
- 1 small bag or jar Garlic, fresh or minced
- 1 bunch Cilantro, fresh

Spice/Oils
- 1 small bottle Oil, any kind
- 1 jar Taste Tutor Smoked 101 available for pre-order at letscook@thetastetutor.com

Meats
- 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](https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings)