



Peach Dish



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Ingredients

1 small red onion,
halved and sliced thinly
4-6 leaves mint,
chopped
12 ounces fresh salmon
filet
PeachDish salt, to taste
2 tablespoons olive oil,
divided*
1 each grapefruit
8 ounces kohlrabi
2 ounces feta cheese
8-10 leaves flat leaf
parsley
Kosher salt, to taste*
Black pepper, to taste*

*Ingredients not included in your PeachDish box.

Salmon with Grapefruit and Kohlrabi Salad

Recipe Courtesy of Seth Freedman, Forage & Flame

1. Please read entire recipe card before beginning.
2. Prepare vegetables by: halving and thinly slicing red onion and chopping mint leaves. Set prepped vegetables aside.
3. Season the salmon filets liberally on all sides with the PeachDish salt, coat with 1 tablespoon of olive oil, and place in a small oven safe dish.
4. Peel the grapefruit with a knife to remove the zest, pith, and membrane. Over a mixing bowl, cut out each segment so that the juice and clean segments are reserved in the bowl.
5. Peel the kohlrabi, cut in quarters, slice the quarters thinly, and add to the mixing bowl with the grapefruit. Add about 1/2 cup of the sliced red onion. Crumble and mix in the feta, parsley, mint, and one tablespoon of olive oil. Season to taste with salt and pepper.
6. Heat a sauté pan over medium-high heat. Coat the bottom of the pan with oil. Continue to heat until the oil begins to lightly smoke.
7. Add the fish to the pan, skin side down, and cook without turning or moving until the fish is cooked most of the way through and well browned and crisp on the skin side. Flip and cook briefly to finish, and remove from pan. Fully cooked salmon is opaque, and firm when squeezed gently from the sides.
8. Serve the grapefruit and kohlrabi salad next to the salmon. Enjoy!

Yield: 2 servings

Preparation Time: 20 minutes

Cooking Time: 15 minutes