

Terra's KITCHEN

Trust us and read through the entire recipe before you start cooking— you'll be so happy you did.



Crispy Salmon + Watermelon Salsa

salmon, watermelon, jalapeno, mint + pistachios

Serves 2 | Time to Table 15 minutes | Calories 483 | Category Seafood

Allergens Contains Fish (Salmon) + Tree Nuts (Pistachios)

Excellent Source of Potassium, Protein, Vitamin A, + Vitamin C

Equipment

- Sauté pan
- Measuring spoons
- Chef's knife
- Mixing bowl
- Spatula

What You Need

- Canola Oil
- Kosher or flake sea salt
- Coarsely ground black pepper

What We Send

- 10 ounces salmon fillets
- 20 ounces watermelon spears
- .4 ounce cilantro
- .15 ounce mint
- .7 ounce jalapeno
- 1 Lime
- .75 ounce pistachios
- 2 ounces diced red onion

Wine Pairings

A juicy Syrah-based rosé will be amazing with the watermelon and also balance the piquant cilantro.

Beer Pairings

An American Double IPA is where it's at.

What To Do:



1. **Prep Salmon:** Pat salmon dry and liberally season with salt and pepper.



2. **Cook Salmon:** Place a heavy skillet over medium-high heat, until hot. Add 2 tablespoons canola oil. When oil starts to shimmer, place the salmon in the pan (skin side down). Cook without moving for 3 minutes then flip over. Continue cooking until just cooked through the center (about 3 minutes).



3. **Prep Salsa Ingredients:** While the salmon is cooking, dice half of the watermelon spears (see Pro Tip for a fun way to use the rest). Chop cilantro and mint. Finely dice the jalapeno. Cut lime in half. Chop pistachios.



3. **Mix Salsa:** In a medium bowl, stir together the watermelon, cilantro, mint, red onion and as much jalapeno as you can handle. Squeeze lime juice over. Salt and pepper to taste.

To Serve: Place salmon on plate and spoon salsa over. Sprinkle with chopped pistachios.

★ *Pro Tip: For an easy summer dessert, brush your leftover watermelon spears with oil and grill! Serve with a scoop of lemon sorbet.*

TK Table Talk:

What movie can you watch over and over and never tire of?



terraskitchen.com

Sure, our TK food containers are recyclable, but we'd rather you upcycle them first. We're partial to using them to sprout our garden seeds, but we'd love to see how creative you are! Tag us in your photos. #tklife



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