

Pan-Seared Salmon

with Honeydew-Cucumber Salsa & Watercress Salad



Forget what you know about salsa—this version turns your traditional tomato salsa upside-down with refreshing crunch, minty brightness, and subtle sweetness. Served atop flaky salmon and crispy roasted sweet potatoes, you'll be pleasantly surprised with this unusual combination of flavors.



35 min









lactose

















Mint

Ingredients		2 People	4 People	
Salmon Fillets	1)	2	4	
Honeydew Melon		4 oz	8 oz	
Lime		1	2	
Cucumber		1	2	
Sweet Potato		1	2	
Watercress		4 oz	8 oz	
Mint		1 sprig	2 sprigs	
Shallot		1	2	
Olive Oil*		3 T	6 T	

Nutrition per person Calories: 782 cal | Carbs: 59 g | Fat: 44 g | Protein: 42 g | Fiber: 9 g

Allergens 1) Fish

*Not Included

Tools

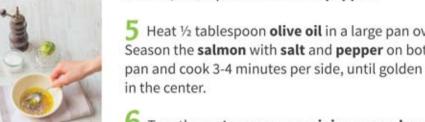
Peeler, Baking Sheet, Zester, Medium Bowl, Small Bowl, Large Pan



- Preheat oven to 400 degrees. Peel and thinly slice the sweet potato into 1/4-inch rounds. On a baking sheet, toss the sweet potatoes with 1/2 tablespoon olive oil and season with salt and pepper. Roast for 20-25 minutes, until golden brown and tender, flipping half way through.
- Meanwhile, peel the cucumber and halve lengthwise, then scoop the seeds out with a spoon. Dice the cucumber and honeydew into 1/4-inch cubes. Mince the shallot and mint leaves. Zest and halve the lime.



- Make the **honeydew-cucumber salsa**: in a medium bowl, toss the honeydew, mint, half the cucumber, half the shallot (or less, to taste), and the juice of half the lime. Season with salt and pepper.
- 4 Make the citronette: in a small bowl, whisk together 2 tablespoons olive oil, the lime zest, the juice of the remaining lime, the remaining shallot, and a pinch of salt and pepper.



Heat 1/2 tablespoon olive oil in a large pan over medium-high heat. Season the salmon with salt and pepper on both sides, then add to the pan and cook 3-4 minutes per side, until golden brown and just opaque



Toss the watercress, remaining cucumber, and roasted sweet potatoes with the citronette, then top with the salmon and honeydewcucumber salsa. Enjoy!