



Virtual Cooking Class

August 5th, 4PM EST

Sheet Pan Salmon with Citrus Avocado Salsa

prep time 15 minutes

cook time 40 minutes

total time 55 minutes

servings 4

INGREDIENTS

- 4 (5-6 ounce) salmon fillets
- 3 tbsp olive oil
- 1 tablespoon chopped fresh oregano
- 1 teaspoon smoked paprika
- 1 tablespoon orange zest, plus 6 orange slices
- 1 tablespoon lemon zest
- 1 pinch crushed red pepper flakes
- 2 small shallots, thinly sliced
- 2 cups baby arugula
- 1 tablespoon toasted sesame seeds



CITRUS AVOCADO SALSA

- 1 avocado, diced
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh parsley, chopped
- 3 tablespoons extra virgin olive oil
- juice of 1/2 an orange
- juice of 1/2 a lemon
- 1 pinch flaky sea salt

INSTRUCTIONS

Make the salmon:

1. Preheat oven to 425 degrees F.
2. Place the salmon on a plate and rub with the oregano, paprika, orange zest, lemon zest, crushed red pepper flakes, and a pinch each of salt and pepper.
3. Drizzle with 2 tablespoons olive oil, rubbing the seasonings evenly into each fillet.
1. Put the salmon presentation side upon a paper lined sheet pan.
2. Arrange the shallots and orange slices around the salmon.
3. Place salmon in the oven and roast for 10 to 20 minutes or until it flakes.

Make the salsa:

4. Combine all ingredients in a bowl and toss to combine.
5. Toss the arugula with the remaining 1 tablespoon olive oil, the sesame seeds, and a pinch of salt.
6. To serve, add arugula to plates and divide the salmon between plates.
7. Spoon the salsa over the salmon.

Note: Can substitute tofu for salmon

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Steamed Broccoli with Miso Butter

Total Time 15 MIN

Yield Serves : 4

Ingredients

- 1 1/2 pounds broccoli, cut into 2-inch florets
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, minced
- Pinch of crushed red pepper
- 1 tablespoon miso
- 2 tablespoons unsalted butter, softened
- Salt

How to Make It

1. Set a steamer basket in a large saucepan. Add the broccoli and steam over high heat until bright green and just tender, about 4 minutes.
2. In a large skillet, combine the olive oil with the garlic and crushed red pepper and cook over moderate heat until fragrant, about 1 minute.
3. Add the miso and butter and stir until the butter is melted.
4. Add the broccoli, season with salt and cook for 1 minute, stirring. Transfer to a bowl and serve.

Pre Preparation (prior to class):

- Cut broccoli and steam. Then cool. Don't over cook should still be crisp.
- Mince garlic
- Salmon filets cut
- Shallots and citrus cut
- Measure out ingredients
- Have equipment ready

Equipment needed:

- Medium sized Saute pan
- Sheet pan
- Bowls
- Spatula
- Whisk
- If you have a steamer you can use it for the broccoli
- Stove

Note: Use the recipe to create your shop list and have all ingredients ready by class start time.