

ARoB *Recipe*

LEMON PEPPER SALMON, RED SKIN POTATOES & CARROT-PARSNIP SALAD

8 OZ SALMON FILETS
2 TBSP LEMON PEPPER SEASONING
1 LARGE PARSNIP, SLICED
5 CARROTS, CHOPPED
1 TSP ITALIAN SEASONING
2 TSP CURRY POWDER
2 TBSP OLIVE OIL
2 REDSKIN POTATOES, SLICED
1 TBSP SESAME OIL
SEA SALT



BOIL CARROTS AND PARSNIP FOR TEN MINUTES, DRAIN AND SHAKE WITH OLIVE OIL, CURRY POWDER AND ITALIAN SEASONING. CHILL IN FREEZER. COAT SALMON WITH LEMON PEPPER SEASONING AND PAN FRY ON MEDIUM-LOW HEAT FOR FIFTEEN MINUTES OR UNTIL SALMON IS FLAKY. SIMULTANEOUSLY, COMBINE POTATOES WITH SESAME OIL AND SALT IN FRYING PAN OVER MEDIUM-HIGH HEAT; COOK UNTIL CRISP.