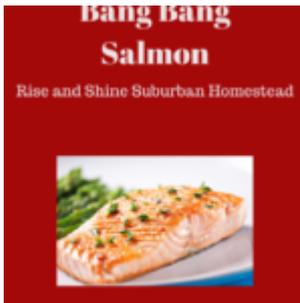


Bang Bang Salmon

Bang Bang Salmon



- 4 salmon fillets (6 oz each, skin-on or skinless)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- For the Bang Bang Sauce
 - $\frac{1}{2}$ cup mayonnaise
 - 2 tbsp sweet chili sauce
 - 1 tbsp sriracha (adjust to taste)
 - 1 tbsp honey or maple syrup (optional, for sweetness)
 - 1 tsp rice vinegar or lime juice

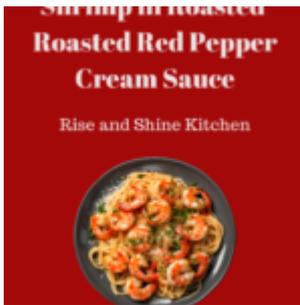
1. Step 1: Prepare the Salmon
2. Preheat your oven to 400°F (200°C) if baking, or heat a skillet over medium-high heat if pan-searing. For grilling, preheat your grill to medium heat.
3. Pat the salmon fillets dry with paper towels. Brush each fillet with olive oil, then season with garlic powder, smoked paprika, salt, and black pepper.
4. Step 2: Cook the Salmon

5. To Bake: Place the salmon fillets on a parchment-lined baking sheet, skin-side down. Bake for 12-15 minutes, or until the internal temperature reaches 145°F (63°C).
6. To Grill: Place the salmon skin-side down on a well-oiled grill. Cook for 4-5 minutes per side, flipping carefully to avoid sticking.
7. To Pan-Sear: Heat a nonstick skillet over medium-high heat. Cook the salmon skin-side down for 4-5 minutes, then flip and cook for another 3-4 minutes until golden brown and cooked through.
8. Step 3: Make the Bang Bang Sauce
9. In a small bowl, whisk together the mayonnaise, sweet chili sauce, sriracha, honey (if using), and rice vinegar or lime juice.
10. Taste and adjust the spice level by adding more sriracha for heat or more sweet chili sauce for sweetness.
11. Step 4: Assemble the Dish
12. Transfer the cooked salmon fillets to a serving plate. Drizzle the Bang Bang sauce generously over each fillet.
13. Garnish with chopped green onions, sesame seeds, or lime wedges, if desired.
14. Step 5: Serve and Enjoy
15. Serve immediately with your choice of side dishes, such as rice, roasted vegetables, or a fresh salad.

Main Course
Fish

Shrimp in Roasted Red Pepper Cream

Sauce



- 12 oz jar roasted red peppers packed in water
- 8 oz cream cheese (Neufchatel (softened))
- 1/2 cup chicken broth
- 1 Tbsp fresh basil (chopped)
- 3 cloves garlic (minced)
- 1/8-1/4 tsp cayenne pepper (optional)
- 2 pounds large shrimp (cooked and peeled)

1. Place peppers, cream cheese, broth, garlic and cayenne in a blender or food processor. Cover and process until smooth.
2. Pour the mixture into a large skillet. Cook over medium heat for 5 minutes, stirring often, until thoroughly heated.
3. Add the cooked shrimp and heat for 2-3 minutes, stirring occasionally until heated through. Serve over pasta. Garnish with basil.

Main Course
Seafood