



Prep Time: 2 min.

Cook Time: 6 min.

Serve over rice,
or on a salad, with pasta
or just enjoy with fresh
vegetables.



Amelia's Sauteed **Sockeye Nuggets**

*Pure decadence. An extra-special and rare cut
from Wild Alaskan Sockeye Salmon*

Instructions: Keep the fish in its vacuum sealed package while thawing. Place vacuum package in a bowl of cold water for 1-2 hours until thawed. Once the Sockeye Salmon Nuggets are thawed, open the package and lightly rinse the fish in cold water and pat dry with paper towel.

Cooking Directions: Heat a nonstick skillet to medium-high. Season with salt if you like. Sautee salmon for 3 minutes undisturbed. Turn salmon over and cook another 3 minutes undisturbed. Remove from the pan and plate. Enjoy!

www.Great-Alaska-Seafood.com • Toll Free 866-262-8846