

# Salmon and Baked Potato Fries

A fillet of baked salmon with homemade ponzu sauce is featured tonight. Add a baked version of french fries and a splash of color with steamed broccoli and peppers. Delicious victuals are on the way.

You'll be baking an extra piece of salmon for Fridays Salmon Rice Bowl.

**Preparation time: 45 minutes - Servings: 2** (Plus leftover salmon)

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize all of your ingredients before you start cooking. Cooking is easy when you are organized.

### Baked Potato Fries and Dipping Sauce

2 tsp. olive oil  
2 medium russet potatoes (washed, cut into french fry-style pieces)  
1/2 tsp. of salt

#### Dipping sauce for potatoes:

2 T. Veganaise  
1-1/2 T. catsup  
1/8 tsp. garlic powder  
1/8 tsp. onion powder

### Baked Salmon and Ponzu Sauce

16 oz. fresh salmon fillets

#### Ponzu Sauce:

2 T. lemon juice  
1 clove garlic (smashed and chopped)  
1 tsp. low-sodium soy sauce  
1/4 tsp. grated ginger  
1/2 tsp. granulated sugar

### Steamed Broccoli and Peppers

4 C. fresh broccoli (chopped)  
3/4 C. red bell pepper (cut into 1" long thin slices)  
2 T. lemon juice  
1/4 C. low-sodium vegetable broth  
1/2 tsp. salt

#### Garnish:

1/4 C. cilantro (chopped)



## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Tonight you'll start by baking the potatoes. Add the fish to the oven during the final 15 minutes the potatoes are cooking. You can steam the veggies and assemble the other parts of the meal while potatoes and fish bake in the oven.

### Baked Potato Fries/Salmon with Ponzu Sauce

1. Spread oil on a cookie sheet and toss cut potatoes to coat all sides with oil. Sprinkle with a little salt and slide them into the preheated oven. Set a timer for 15 minutes and turn the potatoes once.
2. While the potatoes cook, place salmon skin-side-down in an oiled baking dish.
3. Make Ponzu Sauce: mix lemon juice, garlic, soy sauce, ginger and sugar in a small bowl. Stir well to dissolve sugar and spread mixture over salmon.
4. When the timer sounds add the salmon to the oven. Turn the fries and reset the timer for 15 minutes. Finish cooking potatoes and salmon together.

#### Dipping Sauce:

While potatoes and fish cook, mix mayonnaise, catsup, garlic and onion powder in a small bowl. Set aside.

Turn burner on under vegetable steamer.

### Steamed Broccoli and Peppers and Plate the Meal

1. Steam broccoli and peppers 4 minutes once water boils in steamer pan. After 4 minutes, remove steamer from heat and discard water.
2. Use about 3 C. of the broccoli for tonight and set 1 C. steamed broccoli aside for Fridays meal.
3. Using the bottom of the empty steamer pan, combine the lemon juice, broth and salt. Toss broccoli and peppers in liquid and serve the meal.

Save 1/3 of of the salmon for Friday. Divide remaining fish between two dinner plates. Finish each plate by flanking salmon with baked potato fries and steamed broccoli. Sprinkle chopped cilantro over salmon and broccoli. Set the dipping sauce on the table in a separate bowl.

### What I've Learned from this Recipe

Cooking french fries in this manner makes for a less oily fry. I also like the crispness of the potatoes. If you have an air-fryer feel free to use it.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)