



Blackened Salmon and Spring Vegetables

**courtesy of Hazel, Ravines and Downtown
Birmingham, MI 48009**

Ingredients:

6 ounces Salmon
1 ounce Blackening Seasoning
1/3 bunch black kale
3 ounces Aji verde (recipe below)
2 baby carrots
4 ounces of olive oil
2 ounces of coconut milk
Salt and Pepper to taste

Directions:

1. Rub salmon with ½ ounce of olive oil, coat all sides with blackened seasoning.
2. Heat remaining oil in a sauté pan.
3. Add salmon to oil, skin side up.

4. Flip when moveable and cook through.
5. Coat vegetables in olive oil and salt and pepper
6. Cook carrots in a 350°F oven on a baking sheet until tender.
7. Toss vegetables immediately in coconut milk.
8. Quickly grill kale and carrots for color when ready to eat.

Aji Verde Recipe

Ingredients:

- 4 bunches of cilantro
- 1 jalapeno roughly chopped
- 1 cup plain Greek yogurt
- 1 cup olive oil
- 1 tsp. salt

Directions

1. For the Aji verde, break off the leafy ends of the cilantro and discard the large stems (the small stems are okay to use).
2. Put the cilantro, garlic, roughly chopped jalapeños and yogurt into the bowl of your food processor.
3. Turn on the processor and mix until the garlic is minced and the ingredients are well combined. Add salt. While the food processor is still running, slowly drizzle olive oil from the top until it is combined. Season to taste.
4. Yields about 1 quart of Aji verde.

Note: The extra sauce will keep in your refrigerator for up to 7 days.