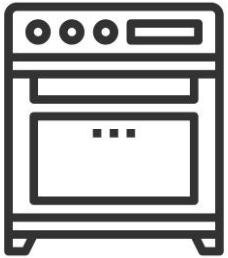


Salmon Skewers



- Remove all packaging
- Fish is raw, needs cooking
- Follow below suggestions – season them with some salt or other sauces
- Suggestions for **defrosted** products



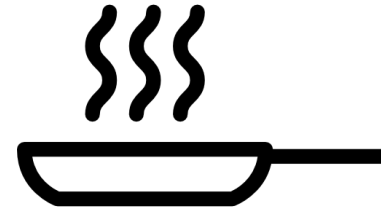
CONVENTIONAL OVEN

- Preheat oven to 400°F (200°C).
- Place skewers on a baking sheet lined with parchment paper.
- Bake for 10-12', until cooked through and slightly flaky.



BBQ

- Preheat grill to medium-high heat.
- Grill skewers 4-5' each side, until cooked through and slightly flaky.



SKILLET

- Heat a skillet over medium-high heat.
- Add a drizzle of olive oil.
- Cook the skewers until the salmon is cooked through and slightly flaky (3-4' each side)