

Bristol Bay Sockeye Salmon Fried Rice

Makes 4 servings

Ingredients:

8 oz Alaska sockeye salmon, fresh, frozen (thawed) or canned 2 tsp plus 2 Tbsp vegetable oil, divided 3 Tbsp toasted sesame oil ½ cup onion, chopped 2½ cups cooked white rice, cooled 3 Tbsp soy sauce 1 cup peas, frozen 4 slices bacon, cooked and crumbled ½ cup canned pineapple tidbits, drained Salt to taste ¼ cup green onions, sliced Sriracha sauce, for serving

Instructions:

If using fresh or thawed salmon, coat salmon on both sides with 2 tsp vegetable oil. In a large cast iron or nonstick skillet, add remaining 2 Tbsp vegetable oil. Heat over medium. Add salmon skin side up. Cook for about 4 minutes, or until browned. Carefully flip salmon. Cook for an additional 3 minutes, or until internal temperature reaches 110 F to 120 F. Remove salmon from pan. Set aside to cool. Once cool, remove the skin and flake the salmon. If using canned salmon, open and set aside.

Wipe the skillet clean. Heat sesame oil over medium. Add onion. Saute for 2 minutes, or until tender. Add rice. Spread out over the bottom of the pan. Cook undisturbed for about 90 seconds, or until golden and slightly crisp underneath. Stir. Cook undisturbed for 90 more seconds, adding more oil as necessary to prevent sticking. Repeat a third time, until most of the rice is golden with crispy edges.

Stir in soy sauce, peas, salmon, bacon and pineapple. Toss until heated evenly. Season generously with salt. Top with green onions. Serve with Sriracha sauce.

Please wash hands and surfaces after handling raw fish.

Recipe courtesy of Bristol Bay Sockeye Salmon.

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