



Save the Marine Mammals!

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The Marine Mammal Center.



Makes **4** Servings

Salmon with Carrot Purée

Recipe by Eric Adjepong

Who doesn't love carrots? This carrot purée goes perfectly with Kvarøy Arctic roasted salmon! A simple recipe that the entire family will love! Serve with couscous or roasted potatoes.

For the Salmon

- 4 6-ounce Kvarøy Arctic salmon fillets
- 1/8 tsp freshly ground black pepper
- 1/2 tsp sea salt
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 2 Tbsp olive oil

For the Carrot Purée

- 4 large carrots
- 10 oz carrot juice
- 1 tsp ground cumin
- 1 oz olive oil
- 1 Tbsp vegetable oil
- 2 Tbsp fresh lime juice

Directions

Carefully slice carrots lengthwise, lightly coat with vegetable oil and roast in preheated oven at 425° F for 40 minutes. Dice carrots once complete. Place carrots in a pot with enough carrot juice to cover the carrots and heat on medium low. Add cumin and cook for about 20 minutes or until carrot juice is half reduced. Transfer carrot mixture to a blender and blend on high. While blending, slowly drizzle in olive oil. Season with salt and lime juice.

Preheat oven to 450° F. Place salmon on a baking sheet. In a small bowl, mix together the spices and sprinkle over the salmon, then lightly brush the salmon with olive oil. Roast the salmon, uncovered, until just cooked through, about 15 minutes. Serve salmon with couscous or roasted potatoes and the carrot purée!