

## Make Meals Landfill Free

# Sustainable Salmon (With Cucumber Apple Relish)

Prep Time: 15 minutes Total Time: 4 hours, 15 minutes Yield: 4 - 6 servings

## The Goods

- |   |  |   |                              |   |  |
|---|--|---|------------------------------|---|--|
|   | 4 wild caught salmon filets,<br>1-inch thick |  | 2 granny smith apples, cored |  | 1 1/2 tablespoon pickled ginger,<br>minced       |
|   | 1 tablespoon olive oil                       |  | 1 English cucumber           |  | 1 teaspoon sesame oil                            |
|   | Salt and pepper                              |  | 3 green onions, sliced       |  | 1 teaspoon sugar                                 |
|  | Favorite teriyaki sauce                      |  | 1/3 cup cilantro, minced     |  | 2 tablespoons vinegar<br>from pickled ginger jar |

## The Make-It-Landfill-Free Steps

- 

While prepping ingredients, toss scraps into the sink (even the apple cores).
- 

Preheat oven to 375° F. Rub salmon with olive oil, salt and pepper. Bake on foil-lined baking sheet for 15 minutes.
- 

In a food processor, process apple and cucumber into chunks. Toss with onions, cilantro and pickled ginger.
- 

Combine sesame oil, sugar and vinegar from ginger jar and toss with cucumber mixture.
- 

Remove fish and pour teriyaki sauce over it. Seal in foil pouch.
- 

Set oven to broil and bake fish for an additional 4 minutes. Serve with relish on top.



### InSinkErator can handle it.

From apple cores to onion skins, InSinkErator garbage disposals can grind it all, keeping odors and bacterial out of the kitchen!

### Grind those scraps!

- Turn on the cold water. Then start your InSinkErator disposal.
- Push apple cores and food scraps into the disposal.
- Once you hear the InSinkErator sound change, turn it off and let the faucet run for a few more seconds.

## Enjoy!



This meal goes perfect with rice or soba noodles, but any starchy side you prefer will work too.

## The Above and Beyond

### Buy in bulk to help reduce waste.

Help cut down on greenhouse gas emissions from landfills by buying rice, noodles and other dry goods in bulk, bringing your own reusable containers and bags to fill and to use as little packaging as possible.

