

YOUR INGREDIENT LIST

for
Parmesan Lemon Crusted Salmon Cakes
with Tropical Fruit Chutney, and Roasted Panko Cauliflower

Many of these items are included your box from Osceola COA.

CHECK YOUR PANTRY or INGREDIENT BOX

- ¾ cup Olive Oil
- 2 TBSP Dijon Mustard
- 2 TBSP Mayonnaise
- 1 TBSP Honey
- ¾ cup Panko Breadcrumbs
- 1 TBSP Chola Hot Sauce
- Salt
- Black Pepper

MEAT/PROTEIN

- 2 6-oz. cans Red Salmon,
skinless, boneless, drained

DAIRY AND REFRIGERATOR ITEMS

- ¾ cup Parmesan Cheese, grated or shredded
- 1 egg

PRODUCE

- 3 TBSP Celery, finely diced
- 2 Lemons (¾ cup fresh lemon juice & 1
Tbsp Lemon Zest)
- 1 ½ TBSP Garlic, minced
- 3 TBSP Red Pepper, finely diced
- ½ cup Red Onion, finely diced
- 2 TBSP Fresh Basil
- ½ cup Cantaloupe, diced small
- ½ cup Honeydew, diced small
- ¼ cup Tomatoes, fresh, diced small
- ½ cup Pineapple, diced small
- ¼ cup Mango Puree
- ½ Pound Cauliflower, blanched
- 1 TBSP Parsley, fresh, chopped



Recipe Prep

Your ingredient listing includes any pre-preparation such as dicing and chopping. Below are images of the pre-preparation to assist you getting ready for the event.



**Parmesan Lemon
Crusted Salmon
Cakes**

**Tropical Fruit
Chutney**



**Roasted Panko
Cauliflower**

