

delicious dish

Bistro in a Bustle - Fish
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Moroccan spiced seared salmon with fennel and radish salad	4 6-ounce portions of salmon Butter 2 roma tomatoes 1 whole long red or green chili pepper, optional 1 bulb fennel 4 radishes 1 small shallot Yogurt or sour cream	Olive oil Grainy mustard Salt Pepper Whole fennel seeds Apple cider vinegar Tomato paste Harissa paste or powder	Fry pan Slicer, mandoline or sharp knife	Have all ingredients ready
green cauliflower mash	1 medium head cauliflower 1 ½ cups frozen peas Butter or olive oil Fresh dill or mint	Kosher salt Plenty fresh black pepper	Food processor or potato masher Pot	Break cauliflower into florets