



天然味美 營養如鮮

Stuffed Mushroom with Salmon

Impress your family and guests at casual dinners or dinner parties with this delicious dish.

Serves 4-5 (15 pieces)

Prep time: 15 min

Cook time: 20 min

Time to Table: 20 min

Ingredients

1 can	Clover Leaf® Skinless Boneless Sockeye Salmon
15 pcs	Shiitake mushrooms
2 (~ 350g)	potatoes (cubed)
½ tsp	salt
A pinch	pepper
A pinch	chopped coriander

Preparation

1. Drain the salmon, mash with a fork.
2. Remove stems from Shiitake mushrooms.
3. Let the potatoes boil for 10 mins until soft.
4. Drain gently. Add 2 tablespoons of hot water, then season with salt and pepper. Mash with a fork and stuff mash potato into the mushroom.
5. Heat a frying pan with 4 tablespoons of oil. Pan fry the mushroom with the mashed potato side down over medium low heat for 5 minutes, flip and pan fry for another 4 minutes.
6. Place salmon on top of the mashed potato; sprinkle with chopped coriander.



Tip: If the Stuffed Mushroom turns cool, roast it in the oven for 5 minutes at 250°F.

Recipe by Misandao

香菇釀薯三文魚

這道菜既可以做平常小菜，也可用來宴客或 potluck 派對。

4-5 人份量 (15 件)

準備時間：15 分鐘

烹調時間：20 分鐘

共需時間：20 分鐘

材料

1 罐	Clover Leaf® 三文魚 (去皮無骨)
15 個	香菇
2 個(約 350 克)	馬鈴薯 (切塊)
½ 茶匙	鹽
少許	胡椒粉
少許	香菜碎

做法

1. 把三文魚瀝乾水後，用叉子弄碎。
2. 香菇去蒂。
3. 水煮馬鈴薯 10 分鐘至軟。
4. 熟馬鈴薯瀝乾水後，加 2 大匙煮馬鈴薯的水，鹽和胡椒粉，用叉子壓成粗泥，填入香菇內。
5. 鍋裡放 4 大匙油，油熱後，把馬鈴薯泥朝下，中小火煎 5 分鐘，翻面再煎 4 分鐘。
6. 馬鈴薯泥上放三文魚，撒香菜碎點綴。

小貼士：放涼了可以入烤箱，250°F 度烤 5 分鐘至熟即可。

食譜由蜜三刀提供