ᐃᖃᓗᒃ ᐆᓯᒪᔪᖅ ᐃᒐᕕᒻᒥ
Campfire Salmon

ᐊᐅᔭᒃᑯᑦ ᖁᕕᐊᓇᖅᑐᖅ
SUMMER FUN

ᐃᓚᒃᓴᖏᑦ

- ᒪᕿᐆᒃ ᐊᖏᓂᓛᒃ 6 oz-ᒥᒃ ᐃᑭᐊᖅᓯᒪᔫᒃ ᐃᖃᓗ
- ᐊᑕᐅᓯᖅ zucchini, ᓵᖁᓗᑎᒃ
- ¼ ᐊᐅᐸᖅᑐᖅ ᐃᑎᐅᔭᖅ, ᐊᕕᑦᑐᖅᓯᒪᔪᖅ
- ᐊᒻᒪᐃᑦ ᑕᑦᑕᓗᒍ ᒥᑭᔪᑦ ᑐᒪᐃᑐ ᖁᐱᓯᒪᓗᑎᑦ
- ᐊᑕᐅᓯᖅ ᓯᖃᓕᓯᒪᔪᖅ ᓚᓕᒃ
- 1 ᓕᐊᒪᓐ
- 2 ᐊᓘᑎᖅᐹᒃ ᐹᑕ
- 1 ᐊᓘᑎᖅᐸᒃ ᐅᖅᓱᖅ ᐋᓕᕘᔭᒃ
- 1 ᐊᓘᑎᕿᓛᖅ ᐆᓇᓚᓄ
- ᒥᑭᔪᖅ ᓯᖃᓕᓯᒪᔪᑦ ᐸᓂᖅᑐᒃ ᐊᐅᐸᖅᑐᑦ ᐸᐸ
- ᑕᕆᐅᖅ ᐸᐸᓗ

Ingredients

- 2 6-ounce salmon filets
- 1 zucchini, thinly sliced
- ¼ red onion, thinly sliced
- Handful of grape tomatoes, halved
- 1 clove garlic, minced
- 1 lemon
- 2 tbsp butter
- 1 tbsp olive oil
- 1 tsp dried oregano
- Pinch of red pepper flakes
- Salt and pepper

ᒪᓕᒐᕐᒋᑦ

1. ᓯᕗᐅᔭᓕᐅᖅᕕᖕᒥ ᓴᕕᖃᔭᐅᔭᓕᖅᓗᒍ, zucchini, ᐊᐅᐸᖅᑐᖅ ᐃᑎᐅᔭᖅ, ᑐᒪᐃᑐᖅ, ᓚᓕᒃ ᐊᒻᒪ ᖃᖓᓃᖅᓗᑎᑦ ᐸᓂᖅᑐᑦ ᐊᐅᐸᖅᑐᑦ ᐸᐸᑦ ᑕᕆᐅᖅᓗ
2. ᐅᖅᓱᖅᒧᑦ ᑯᒻᕕᓇᓗᑎᑦ ᖄᖓᒍᑦ ½ ᐊᓘᑎᖅᐸᖕᒧᑦ
3. ᖄᖓᓃᖅᑲᖅᓗᑎᑦ ᐊᕕᒃᑐᖅᓯᒪᔪᑦ ᐃᖃᓗᑦ, ᐃᓚᐅᖅᓗᑎᑦ ᐆᓇᓚᓄᒧᑦ, ᑕᕆᐅᖅ, ᐸᐸ ᐊᒻᒪᓗ ᓕᐊᒪᐅᑉ ᐃᒥᖓᓄᑦ. 1 ᐊᓘᑎᖅᐸᒃ ᐹᑕᒧᑦ ᖄᖓᓄᐊᖅᓗᑎᑦ
4. ᓴᕕᖃᔭᐅᔭᖅ ᑖᓐᓇ ᐱᓇᑦᓗᒍ ᐃᓗᓕᓕᒃ ᐃᖃᓗᒻᒥᒃ ᐱᕈᖅᑐᒥᓂᖅᓂᑦᓗ. ᑕᐃᒪᓐᓇᐃᓕᐅᒃᑲᓂᖅᓗᑎᑦ ᐊᑐᐊᕿᑖᖅᑕᕗᑦ ᐃᖃᓗᒻᒧᑦ ᐊᓯᐊᓄᑦ
5. ᐃᒐᓗᑎᑦ 10-ᒥᓂ 15-ᒥᓂᒦᑦᓘᓐᓃᑦ
6. ᓂᕆᓕᖅᓗᑎᑦ !

Directions

1. On a large sheet of heavy-duty foil, place half the zucchini, red onion, tomatoes, garlic, and top with a pinch of red pepper flakes and salt.
2. Drizzle with ½ tbsp of olive oil.
3. Place salmon filet on top, and season with oregano, salt, pepper, and a squeeze of lemon juice. Top with 1 tbsp of butter.
4. Fold the foil to create a packet for your fish and veggies.Repeat steps 1-4 for the second filet.
5. Grill over medium heat for 10-15 minutes.
6. Remove from grill and enjoy!

CO-OP®

ᐃᖅᑲᐅᒪᓇᖅᑐᓕᐅᕆᑦ ᑯᐊᐸᒃᑯᑦᑐᑦ.

MAKE MEMORIES WITH CO-OP®.

ᐅᓪᓗᖃᕐᓯᐊᕆᓯ ᓄᓇᕗᑦ ᐅᓪᓗᖓᓂ!

Happy Nunavut Day!

www.arctic-coop.com