



WEEKLY SPECIALS

November 20th - November 26th



Swordfish

\$19.95



Scottish Salmon

\$26.95

Ingredients

- 24 oz of salmon fillet, boneless and skinless (cut into 6 pieces, 4 oz each)
- 1/2 tablespoon of salt and pepper
- 1/4 cup of all-purpose flour
- 2 tablespoons of light olive oil
- 1/4 cup of honey
- 2 tablespoons of soy sauce
- 1 lime, cut into wedges
- 1 tablespoon of chives, to garnish

Honey Glazed Salmon

Instructions

Step 1

To make the glaze: Combine 1/4 cup honey and 2 Tbsp of soy sauce. Stir until well combined and set aside.

Step 2

Season both sides of the salmon filets with salt and pepper.

Pour 1/4 cup flour into a shallow plate and dredge both sides of the salmon in flour.

Step 3

Heat a large pan and add 2 Tbsp of light olive oil. Brush salmon with half of the glaze and once oil is hot, add salmon to the pan. In the pan, brush the other side generously with the remaining glaze.

Saute salmon on each side for 3 minutes.

Squeeze fresh lime juice over the top to serve and garnish with chopped chives if desired.

Reminders

Tuesdays: \$2.00 off anything in the case.
Curbside assistance and delivery options are available.
Orders delivered Monday - Saturday
Ventura & Oxnard \$50 minimum
Ojai & Camarillo \$100 minimum

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Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM