



**Lean
On Me**

Good things
come from
SyscoTM

Sysco Northern New England

Panko Crusted Salmon Fillet



Entrée Cost: \$4.23
Min. Selling Price: \$11.99

Profit:
\$7.76

Wait staff description:

This evenings featured dinner is a pan sautéed Norwegian salmon fillet served with an all natural lemon dill sauce, roasted baby Yukon gold potatoes and a medley of fresh vegetables.

Recipe on back

COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$11.99	\$11.99	
COST:	\$4.23	\$4.23	35.24
PROFIT:	\$7.76	\$7.76	64.76

You can view the Lean On Me Archive on our website at: www.sysconne.com.

Ask your Marketing Associate for more details!

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
8496333	SALMON ATL PRTN SKLS 5 OZ NOR	PORTSIM	1	1.00	EA	\$2.86	\$2.86
6484614	BREAD CRUMB PANKO JAPNS COARSE	CHFNEST	2	1.00	OZ	\$0.08	\$0.08
7166889	SAUCE LEMON DILL	SCHLTTR	3	1.50	OZ	\$0.16	\$0.24
8461089	POTATO ROASTED BABY BAKERS WHL	SIMPRST	4	3.00	OZ	\$0.14	\$0.42
6232526	VEGETABLE BLEND ASIAN	PACKER	5	3.00	OZ	\$0.18	\$0.55
5983846	OIL OLIVE BLEND 90/10	PACKER	6	1.50	OZ	\$0.05	\$0.08

Directions

1. Heat one tablespoon of the oil in a sauté pan. Coat the salmon fillet with the panko crumbs and pan sauté until golden brown, turn and place in a 350* oven for 10 minutes.
2. Place the baby bakers in a casserole dish and place in the oven, roast for 10 minutes.
3. Sauté the vegetables, season with salt and pepper.
4. On a warm plate place the warm sauce and top with the salmon fillet garnish the plate with the potatoes and sautéed vegetables.

Serves 1
for \$11.99

Chef's Suggestions

Omit the lemon dill sauce and wrap the salmon fillet with Proscuitto, SUPC# 2655653. Pan sauté and top with Arrezzo Tomato Bruschetta Sauce SUPC# 6530448.