

# Spicy Pickled Carrot + Bluefish Salad



Serves 4

## Ingredients

- 1/2 lb. bluefish — cooked + flaked (or smoked)\*
- 2 Tbsp. red onion — diced small
- 1/4 c. Harvest Kitchen Spicy Pickled Carrots — diced
- 2 Tbsp. Italian parsley — chopped
- 1 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 2 Tbsp. mayonnaise (or more to taste)
- Salt + pepper to taste

## Cooking Instructions

1. In a bowl, combine the mayonnaise, vinegar, lemon juice, salt, and pepper. Mix until incorporated.
2. Lightly fold in bluefish, red onion, pickled carrots, and parsley until evenly coated.
3. Enjoy over baby spinach salad, or on artisan bread.

## \* Sourcing Suggestions

We recommend sourcing locally, such as fresh bluefish from The Local Catch, or smoked bluefish from Ocean State Smoked Fish.

Harvest Kitchen is a nonprofit program of Farm Fresh Rhode Island  
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