

The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.

FUN TO CATCH
TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON

Public Health
Seattle & King County



For more information:
<https://goo.gl/Xwjr49>
206-263-0906

Salmon Spring Rolls

INGREDIENTS (4 servings),
must be washed:

¼ c. Oil

2 lb Salmon fillets

Salt and pepper

1 bunch green onion, chopped
into quarters

1 lemon, sliced

1 big onion, yellow/white, sliced

6 cloves garlic, minced

20 large rice papers

1 bunch lettuce, any

1 cucumber, sliced

1 bunch chives

1 bunch Thai basil leaves

4 c. Vermicelli noodles, boiled
and drained

Fish Sauce Glaze

1 Tbsp. sugar

1 Tbsp. oyster sauce

¼ c. Fish Sauce

Stir all to dissolve sugar in
bowl, add pepper to taste.

DIRECTIONS

Preheat oven to 350°F. Wash the salmon fillets
with salt. Pat dry and season with salt and
pepper.

Place fish on top of sliced onion and lemon in
baking dish. Drizzle 1-2 tbsp. of oil over fish.
Bake for 12 minutes, flip fillets so skin side
is up, brush with glaze and bake for 10 more
minutes. Broil high for 6 more minutes.

While fish is baking, heat rest of oil in
saucepan on medium. Fry garlic and green
onions until fragrant, add salt and pepper to
taste, drizzle over baked fish.

Dip rice paper in hot water quickly, place on
plate, add 1 lettuce, noodle, chives, cucumber,
basil and salmon to your liking in one corner of
the paper. Roll, dip in sauce and enjoy!

Recipe by: Mai Hoang

Dipping Sauce

11 Tsp. sugar

2 c. Hot water

½ c. fish sauce

1 lime, juiced

1 Tbsp. minced garlic

1 Tbsp. sambal chili garlic hot sauce

Stir all to dissolve to sugar in bowl.

