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CULINARY GUIDE

Enhancing your plant-based options is easier and tastier than ever with Oshi plant-based salmon fillets. With the look & texture of cooked salmon, it's super easy to prepare and cooks beautifully. Pair with your favorite sauce, a squeeze of lemon, and enjoy!

Storage & Handling

Keep Oshi fillets frozen or refrigerated immediately upon delivery.

All fillets arrive vacuum-sealed and frozen for freshness.

Shelf Life

Frozen (unopened): 1 year
(See *Best Before* date on package).

Refrigerated (unopened):
Up to 3 days.

Thawing

Thaw Oshi fillets overnight in the refrigerator for optimal texture and taste.

Ready to cook when internal temp reaches 6°C.



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COOKING INSTRUCTIONS

While Oshi fillets can be cooked in different ways (such as oven-baking or deep frying), pan searing delivers the best texture and flavor.

Pan Seared

Thaw Oshi fillet overnight in the refrigerator.

Preheat a non-stick or stainless steel pan on medium heat (no oil needed).

Season lightly on both sides.

Sear covered for 2 minutes per side until a light crust forms.

Add 1 tbsp neutral oil on top, then sear uncovered for 10 seconds per side for extra crispiness.

Add sauce or side dish and serve.

Flavor Pairings

Classic dry rubs (Old Bay, herb & spice blends)

Onion and garlic flavors

Lemon zest & a touch of lemon juice

Red rice & port vinegar

Pomegranate molasses

Best Practices

- ✓ Cook to an internal temp of 50°C
- ✓ Use dry rubs for seasoning
- ✗ Avoid added sugar in rubs
- ✗ Avoid steaming, air frying, or using a pizza oven



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DISH EXAMPLES

Oshi Salmon Fillet Entree



Creamy Oshi Salmon Pasta



Oshi Salmon Salad



Oshi Fish & Chips



Oshi Fish Taco



Oshi Salmon Bowl

