

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Pan Seared, Glazed Salmon with an Avocado, Citrus Salad

Serves 2

Salmon Ingredients:

Salmon fillet (4-6 oz), about 1/2" thick, cut in half

glaze ingredients:

2 tbsp butter
1 clove garlic, minced
1 tsp honey
1 tbsp soy sauce
1 tsp fresh ginger, grated
1 tsp Dijon mustard
2 tbsp fresh orange juice
pinch of kosher salt

Avocado, Citrus Salad Ingredients:

2 handfuls of baby arugula
1/2 avocado, thinly sliced
1 orange, supremed
1 sweet grapefruit, supremed
1/2 small shallot, thinly sliced

Salad Dressing: (whisk to combine)

1 tbsp orange juice
1 tbsp champagne vinegar
3 tbsp olive oil
drizzle of honey
1/4 tsp Dijon mustard
kosher salt & freshly ground black pepper to taste

Directions:

1. Prepare salad, and whisk together salad dressing.
2. Make salmon glaze. In a small skillet over medium high heat, melt butter and add garlic. Cook garlic until fragrant, and then add remaining glaze ingredients. Stir to combine.
3. Turn heat to high, and add salmon to glaze, skin side up. Depending on the size of your salmon fillet, sear 2-3 minutes. Flip once and cook an additional 2-3 minutes. Salmon should be seared on the outside, but still tender on the inside. Internal temperature should reach 145°F.
4. Dress salad and serve with salmon fillet on the side. Enjoy!