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## **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!