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Pan Seared Salmon
with a Blood Orange, Beet, and Fennel Salad
Serves 2

A salmon fillet is a quick and healthy answer to, “what’s for dinner?” This recipe utilizes an easy glaze, followed by high-heat pan searing. Prepare the salad first, because the fish will be ready in just a few minutes. This method of cooking salmon is fast, and, oh, so delicious!

Salad Ingredients:

2 handfuls of baby arugula
3 blood oranges, sliced
1/2 small shallot, thinly sliced
1/2 bulb fennel, thinly sliced
1 (15oz) canned beets, sliced

Salad Dressing Ingredients:

1 tablespoon orange juice
1 tablespoon champagne vinegar
3 tablespoons olive oil
1 teaspoon of honey
1/4 teaspoon Dijon mustard
1/4 teaspoon Kosher salt
1/4 teaspoon fresh ground pepper

Salmon Ingredients:

Salmon fillet (6-8 oz), about 1/2” thick,
cut in half for 2 servings

Salmon Glaze ingredients:

2 tablespoons butter
1 clove garlic, minced
1 teaspoon honey
1 tablespoon soy sauce
1 teaspoon fresh ginger, grated
1 teaspoon Dijon mustard
2 tablespoon fresh orange juice
Pinch of Kosher salt

Directions:

1. Prepare the salad, and thinly slice all of the vegetables.
2. Whisk together the salad dressing ingredients. Set aside.
3. Prepare the salmon glaze. In a small saucepan, over medium-high heat, melt the butter and add the garlic. Cook the garlic until fragrant and then add the remaining glaze ingredients. Stir to combine.
4. Turn the heat up to high, and add the salmon to the glaze with the skin side up. Depending on the size of the salmon fillet, sear for 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 degrees F.
5. Drizzle the salad dressing over the bed of arugula, and then arrange other ingredients on top of the arugula.
6. Serve with the salmon fillet on the side. Enjoy!