

Pan Roasted Salmon w/ Swiss Chard

Ingredients: Directions:



Euclid  Company
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Serving Size: 1
Yield: 6 oz. portion

For the Salmon:

- 6 oz. Fillet of salmon, skin on
- 2 tbsp. grapeseed oil or canola oil
- Salt and pepper to taste

For the Wilted Swiss Chard:

- 3 tbsp. olive oil
- 1 bunch of rainbow swiss chard
- 1 fresh garlic, chopped
- 1 tbsp. red wine vinegar
- Salt and pepper to taste

For the Salmon:

1. Heat up a sauté pan over medium high heat
2. Add the oil and heat
3. Dry the fish off with paper towel and season with salt and pepper
4. Place the salmon skin side down and turn the heat down to medium low
5. Press the fillet down lightly to keep the skin in contact with the pan. Cook for about 7 minutes. Be patient
6. Once the fish looks almost cooked through, flip over for one minute to finish cooking and remove from heat

For the Chard:

1. Chop the chard up fine, stems and all
2. Heat olive oil up in a sauté pan over medium high heat
3. Add the garlic and sweat until fragrant
4. Add the chard and stir to coat with garlic oil
5. Continue to cook until wilted, and the stems are softened
6. Add vinegar and salt/pepper. Before serving, blot on a paper towel