

# Recipe

## Herb-Crusted Wild Salmon with Vegetable Ribbons



Prep time: 20 mins

Cook time: 15 mins

Serves: 2

### Ingredients:

- 2 - 4oz fillets of wild salmon (skin off and bones removed)
- 2 tbsp extra virgin olive oil
- 1 tsp shallots, chopped
- 1 tsp garlic, chopped
- 2 tbsp nuts, finely chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives or basil chopped
- Pinch black pepper and sea salt
- 1 tsp citrus zest (lemon/orange or lime)
- Olive oil cooking spray

### Steps:

1. Mix all chopped ingredients, citrus zest, salt, & pepper with 1 tbsp of olive oil in a bowl and set aside for at least 10 minutes.
2. Dredge each piece of fish in the chopped coating, pressing down on each side.
3. Heat the remaining tbsp of olive oil in a sauté pan over medium heat.
4. Cook salmon about 5 minutes on each side.
5. Place in a 350° oven & finish cooking about 5 additional minutes or until white juice seeps out of the fish.
6. Serve with vegetable ribbons (see below).

### Vegetable Ribbons

Prep time: 10 mins

Cook time: 5 mins

Serves: 2

- 1 leek, cut julienne (in short, thin strips)
- 2 carrots, peeled & cut julienne
- 2 stalks celery, peeled & cut julienne

- 1 bulb fennel, cut julienne (optional)
- 1 tsp extra virgin olive oil
- To taste sea salt & black pepper

1. Place olive oil in a sauté pan on a low heat.
2. Add leeks & sauté 1 minute. Add carrots, celery & fennel.
3. Sauté 2 minutes until just soft.
4. Season to taste with sea salt & black pepper.