

# WARM ALASKA SALMON, FENNEL AND TOMATO SALAD



**prep time: 15 cook time: 15 servings: 4**

## INGREDIENTS

7 Tablespoons olive oil, divided  
4 Alaska Salmon steaks or fillets (4 to 6 oz. each)  
1 cup frozen broad beans or edamame  
3 Tablespoons red wine vinegar  
1 teaspoon Dijon mustard  
Salt and pepper, to taste  
1 large fennel bulb, trimmed and very thinly sliced  
4 large tomatoes, cut in wedges or slices  
1/4 cup capers  
2 fresh dill sprigs

## DIRECTIONS

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with 1 tablespoon oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over; cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove from skillet and cool.

Meanwhile, cook the broad beans in boiling, lightly salted water for 3 to 4 minutes. Rinse with cold water, then shell the beans, removing their thick outer coating to reveal the bright, tender green beans.

In a large bowl, mix the remaining olive oil with the vinegar and mustard. Season with a pinch of salt and pepper. Add the fennel, tomatoes, beans and capers.

Break salmon into large chunks (removing skin, if any); add to the salad, tossing gently to mix. Divide among four serving plates, spooning any remaining dressing over salad. Snip fresh dill over the top before serving.

**Cook's tip:** Use fresh broad beans when they are in season, or try frozen edamame beans as an alternative.

Nutrients per serving: 466 calories, 31g total fat, 4.5g saturated fat, 58% calories from fat, 105mg cholesterol, 34g protein, 15g carbohydrate, 6g fiber, 399mg sodium, 85mg calcium and 1140mg omega-3 fatty acids.

Photo by Steve Lee



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