



## *Seared Salmon Topped with Avocado Tomato Salsa*



### **Ingredients for Salmon:**

- 20 ounces skinless salmon fillets (each fillet should weigh about 5 ounces)
- Salt and pepper to season
- 3 tablespoons lemon juice divided
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 5 large cloves garlic finely chopped or minced

### **Ingredients for Salsa:**

- 3 tomatoes, finely chopped
- 2 tablespoons red onion, finely chopped
- 1 tablespoon fresh cilantro leaves, finely chopped
- ½ Serrano chili (or jalapeño), stems, ribs, seeds removed and finely chopped
- 1 small clove garlic, crushed
- 1 tablespoons lime juice
- ¼ teaspoon salt
- 1 large avocado, sliced

### **Method:**

1. Pat dry room temperature salmon fillets with paper towel. Season all over with salt, pepper. Squeeze 1-2 teaspoons of lemon juice over each fillet and rub in the flavor.
2. Heat the olive in a large non-stick pan or skillet over medium-high heat until hot. Add salmon fillets, flesh side down, while pressing lightly so the entire surface of the flesh comes into contact with the pan. Sear, undisturbed, for 3-4 minutes until crispy and golden.
3. Flip and sear the other side of each fillet for TWO minutes. Then, add in the butter, chopped garlic and remaining lemon juice.
4. Continue to cook the salmon for a further 1-2 minutes, or until salmon reaches desired doneness, while stirring the butter and garlic around each fillet. (The butter will begin to brown slightly. YUM! Taste test and season with salt and pepper to your tastes, and add more lemon if desired.



5. While salmon is cooking, combine the salsa ingredients in a bowl (not including avocado). Top each salmon fillet with the tomato salsa and avocado slices.
6. Drizzle each fillet with the buttery sauce and serve immediately.

#### NOTES:

- **Do not use cold salmon:** Salmon will normally cook unevenly if fillets are cold. Remove fillets from the refrigerator at least 15 minutes before cooking to bring them closer to room temperature.
- **Pat fillets dry with paper towel:** When salmon is wet, they are more likely to stick to the pan and will not crisp on the outer edges.
- **Make sure your pan is preheated:** With the pan on medium-high, start preheating before cooking to get it hot. Drizzle in a small amount of oil and let it shimmer before adding your salmon.
- **How to Cook Salmon in a Frying Pan:**
  - When searing salmon, the best pans to use are large stainless steel pans or cast iron skillets.
  - Avoid overcrowding while cooking, working in batches if you must.
  - Add salmon fillets flesh side down, while pressing them lightly so the entire surface of the flesh comes into contact with the pan.
  - Sear, undisturbed, for about 4 minutes until crispy and golden, before flipping.