

## Alaska Salmon, Fennel and Tomato Salad



**Preparation Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

7 Tablespoons olive oil, divided

1 cup frozen broad beans or edamame

3 Tablespoons red wine vinegar

1 teaspoon Dijon mustard

1 large fennel bulb, trimmed and very thinly sliced

4 large tomatoes, cut in wedges or slices

1/4 cup capers

Salt and black pepper, to taste

2 fresh dill sprigs

### Description:

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 black 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.

*Recommended wine pairing: Chateau Ste Michelle, Columbia Valley Riesling / Chardonnay*

Photo by Steve Lee