



**BRISTOL BAY**  
SOCKEYE SALMON

## **BALSAMIC SALAD WITH SOCKEYE SALMON & STRAWBERRIES**

**SERVINGS:** 4

**PREP TIME:** 15 minutes

**COOK TIME:** 6 minutes

### ***Ingredients:***

#### **Salmon:**

- 4 skinless wild sockeye salmon fillets (3 to 4 oz. each) , pin bones removed
  - salt and pepper, to taste
  - 1 Tablespoon canola or avocado oil
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#### **Balsamic vinaigrette:**

- 1/2 cup good balsamic vinegar
  - 1/2 cup extra virgin olive oil
  - 1 Tablespoon Dijon mustard
  - 2 teaspoons brown sugar
  - salt and pepper, to taste
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#### **Salad:**

- 6 cups baby kale, spinach, or arugula (or combination)
- 2 cups cooked quinoa, cooled to room temperature
- 16 ripe strawberries, hulled and quartered
- 1/2 cup shelled pistachios, roughly chopped

### ***Directions:***

#### **Salmon:**

Season Alaska Salmon fillets with salt and pepper. Add oil to a sauté pan and place over medium-high heat. Add salmon fillets and sear on both sides until golden and cooked just until opaque throughout, about 2 to 3 minutes per side. Set aside and allow to rest.

**1**

#### **Balsamic vinaigrette:**

Add all ingredients to a jar, seal tightly with a lid, and shake until smooth and emulsified, about 30 seconds. Set aside.

**2**

#### **Salad:**

Add kale to a large bowl. Gently stir in cooked quinoa. Drizzle kale and quinoa with half of vinaigrette; toss to combine.

**3**

Divide salad among 4 plates. Top dressed kale and quinoa with strawberries and salmon fillet. Sprinkle with pistachios and drizzle with remaining vinaigrette.

Find more delicious wild sockeye salmon recipes  
at [www.bristolbaysockeye.org](http://www.bristolbaysockeye.org).