



BRISTOL BAY
SOCKEYE SALMON

SALMON WITH ORANGE AND WATERCRESS

SERVINGS: 4

Ingredients:

4 sockeye salmon fillets (4-6 ounces each)

1/4 cup avocado oil, divided

2 bunches watercress, roughly chopped or 3 cups microgreens

3 tablespoons cucumber, finely chopped

2 oranges, peeled and segmented (membrane removed)

1-2 teaspoons white wine vinegar

Salt and pepper, to taste

2 cups mixed greens
Half of an avocado, sliced

1/4 cup walnuts

2 tablespoons apple cider vinegar

Pimenton (smoked paprika), for finishing

4-6 edible flowers, such as nasturtiums

Directions:

Rinse any ice glaze from frozen salmon under cold water; pat dry with paper towel. Heat skillet over medium-high heat and brush both sides of fish using 3 tablespoons of avocado oil. Cook salmon, uncovered, about 4 minutes, until browned.

1

Turn salmon over and season lightly with salt and pepper. Cook an additional 6-8 minutes for frozen or 3-4 minutes for fresh/thawed, just until fish is opaque throughout.

2

Meanwhile, in a medium bowl combine watercress, cucumber and orange segments. Season with a few drops of white wine vinegar, remaining avocado oil, and salt and pepper, to taste.

3

Plate mixed greens next to salmon and top with avocado, walnuts and apple cider vinaigrette. Add nasturtiums and serve.

4

Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.