



BRISTOL BAY
SOCKEYE SALMON

SALMON WITH ORANGE AND WATERCRESS

Pan seared salmon with a bright side salad is like summertime on a plate! This dish doesn't skimp on the toppings. With avocado, walnuts, cucumbers and avocado, this recipe makes for a solid lunch or light dinner.

SERVINGS: 4
COOK TIME: 30 MINS.

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:

- 1** 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.
- 2** 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.
- 3** 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.
- 4** Plate mixed greens next to salmon and top with avocado, walnuts and apple cider vinaigrette. Add nasturtiums and serve.

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