

Seared Salmon with Sugar Snap-Fennel Slaw

Servings: 2

Active Time: 35 minutes

Total Time: 35 minutes

Ingredients

2 tablespoons lemon juice

1 ½ tablespoons extra-virgin olive oil, divided

1 tablespoon minced shallot

¼ teaspoon light brown sugar

½ teaspoon salt, divided

¼ teaspoon freshly ground pepper, divided

½ large fennel bulb, with fronds

1 cup sugar snap peas, trimmed

¾ pounds wild Alaskan salmon, skinned

1 teaspoon minced fresh chives

Directions

1. Combine lemon juice, 1 tablespoons oil, shallot, brown sugar, ¼ teaspoon salt and 1/8 teaspoon pepper in a large bowl. Set aside 2 teaspoons of the dressing in a small bowl.
2. Slice top off fennel bulb. Chop 1 tablespoon of the fronds and add to the large bowl. (Reserve remaining fronds for garnish.) Halve, core and thinly slice the bulb. Thinly slice snap peas into long matchsticks. Toss the fennel and peas with the dressing in the large bowl; let stand while you cook the salmon.
3. Cut salmon into 2 portions and season with the remaining ¼ teaspoon salt and 1/8 teaspoon pepper. Heat the remaining ½ tablespoon oil in a large nonstick skillet over medium-high heat. Add the salmon and cook for 2 minutes. Gently turn and continue cooking until just opaque in the center, 2 to 4 minutes more.
4. Divide the slaw and salmon among 2 plates. Drizzle each portion with 1 teaspoon of the reserved dressing and top with ½ teaspoon chives and fennel fronds, if desired.

Nutrition Info

Per serving: 308 Calories, Fat 16 g (Saturated 3 g); Cholesterol 66 mg; Carbohydrates 10 g; Sugar 3 g; Protein 30 g; Fiber 3 g; Sodium 539 mg.