

# Seared Salmon

*with Roasted Broccoli & Farro Salad*

Chefs, there's honey mustard, and then there's the gourmet honey-mustard sauce we're making for our seared salmon. We're combining honey and Dijon mustard with parsley, red wine vinegar-marinated shallot and olive oil. Then we're spooning the flavorful sauce over flaky, pan-seared fillets, coated in warming spices. Sweet and tart, the well-balanced sauce makes for the perfect condiment. A salad of roasted broccoli and warm farro rounds out this wholesome meal.



## Ingredients

4 Skin-On Salmon Fillets

$\frac{3}{4}$  Cup Semi-Pearled Farro

2 Ounces Arugula

1 Pound Broccoli

1 Lemon

1 Bunch Parsley

### Knick Knacks

2 Tablespoons Red Wine Vinegar

1 Shallot

1 Tablespoon Dijon Mustard

1 Tablespoon Honey

1 Tablespoon Salmon & Farro Spice Blend

(Ground Coriander, Ground Fennel, Ground Cardamom, Smoked Paprika & Ground Nutmeg)

Makes 4 Servings

About 580 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min





1



## Cook the farro:

Heat a large pot of salted water to boiling on high. Once boiling, add the **farro**. Cook 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the farro cooks, preheat the oven to 475°F. Wash and dry the fresh produce. Cut the broccoli into bite-sized florets. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Quarter and deseed the lemon. Peel and mince the shallot; place in a medium bowl with the **vinegar**.

3



## Roast the broccoli:

While the farro continues to cook, place the **broccoli** on a sheet pan. Drizzle with olive oil; season with salt, pepper and **half the spice blend**. Arrange in a single, even layer. Roast, stirring halfway through, 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

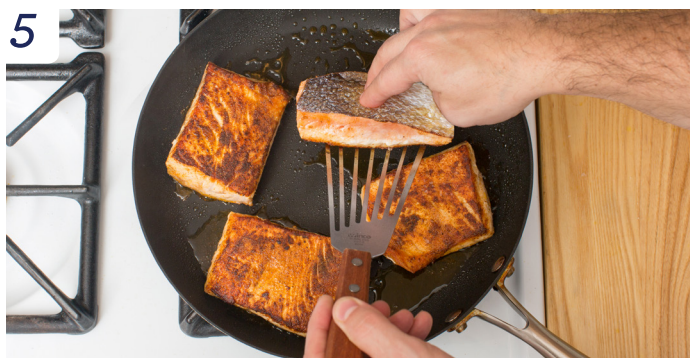
4



## Make the honey-mustard sauce:

While the broccoli roasts, add the **honey**, **mustard** and **parsley** to the **shallot-vinegar mixture**; season with salt and pepper to taste. Slowly stir in **2 tablespoons of olive oil** until well combined.

5



## Cook the salmon:

While the broccoli continues to roast, pat the **salmon fillets** dry with paper towels; season on both sides with salt, pepper and the **remaining spice blend**. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the seasoned fillets, skin sides up. Cook 3 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Transfer to a serving dish.

6



## Make the salad & serve your dish:

Add the **arugula**, **roasted broccoli** and the **juice of 2 lemon wedges** to the pot of **cooked farro**. Drizzle with olive oil and toss to combine; season with salt and pepper to taste. Transfer to a serving dish. Top the **cooked salmon fillets** with the **honey-mustard sauce**. Garnish with the **remaining lemon wedges**. Enjoy!