

Seared Salmon

with Sorrel Salad & Creamy Barley

The bright salad you'll use to garnish this dish uses a specialty herb unique to spring. Sorrel is one of the most widespread and long-cultivated herbs in the world. As one of the first spring plants to emerge, its fresh, almost citrusy tartness has been celebrated throughout history and on almost every continent. Here, we're pairing it with dill, whose soothing flavor complements the sorrel. Together, these two herbs are the perfect counterpoint to the earthiness of barley and the richness of seared salmon.



Ingredients

- 2 Skinless Salmon Fillets
- ½ Cup Pearled Barley
- 3 Ounces Baby Spinach
- 2 Cloves Garlic
- 1 Lemon
- ½ Ounce Sorrel Leaves
- 1 Bunch Dill

Knick Knacks

- 2 Tablespoons Butter
- ¼ Cup Sour Cream

Makes 2 Servings

About 570 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the barley:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Roughly chop the spinach. Peel and mince the garlic. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the sorrel and dill off the stems; discard the stems. Roughly chop the sorrel.

3



Cook & drain the spinach:

While the barley continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and cook, stirring frequently, 30 to 45 seconds, or until fragrant. Add the **spinach** and **lemon zest**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach has wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Wipe out the pan.

4



Cook the salmon:

Pat the **salmon fillets** dry with paper towels and season with salt and pepper on both sides. In the pan used to cook the spinach, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 3 to 5 minutes on the first side. Flip the fillets; add the **butter**. Cook, spooning the butter over the fillets, 2 to 4 minutes, or until the salmon is cooked to your desired degree of doneness. Remove from heat. Transfer the salmon to a plate.

5



Make the herb garnish:

In a medium bowl, combine the **sorrel** and **half the dill**. Toss with **the juice of 1 lemon wedge** and a drizzle of olive oil; season with salt and pepper to taste.

6



Finish the barley & plate your dish:

To the pot of cooked barley, add the **sour cream**, **drained spinach**, **remaining dill**, **the juice of the remaining lemon wedges** and a drizzle of olive oil; stir to thoroughly combine and season with salt and pepper to taste. Divide the **finished barley** and **cooked salmon fillets** between 2 dishes. Top with the **herb garnish**. Enjoy!