

Seared Salmon & Salsa Verde

with Summer Vegetable & Quinoa Salad

In this recipe, we're serving flaky salmon fillets over a salad of sautéed summer vegetables and red quinoa. Just before serving, we're also stirring raw arugula into the salad, wilting the delicate leaves slightly. Their peppery flavor perfectly brings out the sweetness of the corn kernels and cherry tomatoes. A topping of traditional Italian salsa verde—a fresh, green sauce of parsley, capers, almonds and garlic—completes this delicious, late-summer dish.



Ingredients

- 4 Skinless Salmon Fillets
- 6 Ounces Red Quinoa
- 6 Ounces Cherry Tomatoes
- 3 Ounces Arugula
- 2 Cloves Garlic
- 1 Ear Of Corn
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Capers
- 2 Tablespoons Sliced Almonds
- 1 Tablespoon Red Wine Vinegar
- 1 Shallot

Makes 4 Servings

About 500 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Cook the quinoa:

Heat a large pot of salted water to boiling on high. Rinse the **quinoa** under cold water; drain thoroughly. Add the rinsed quinoa to the pot of boiling water. 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 quinoa cooks, wash and dry the fresh produce. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Halve the tomatoes. Roughly chop the parsley leaves and stems. Roughly chop the capers. Finely chop the almonds. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a medium bowl with the **vinegar**.

3



Make the salsa verde:

While the quinoa continues to cook, add the **parsley, capers, almonds** and **half the garlic paste** to the **shallot-vinegar mixture**. Stir in enough olive oil to create a rough paste; season with salt and pepper to taste.

4



Cook the vegetables:

In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned. Add the **tomatoes** and **remaining garlic paste**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Transfer the cooked vegetables to the pot of cooked quinoa. Wipe out the pan.

5



Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the vegetables, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets. Cook 3 to 4 minutes per side, or until golden brown and cooked to your desired degree of doneness. Remove from heat.

6



Make the salad & serve your dish:

Add the **arugula** and a drizzle of olive oil to the pot of cooked quinoa and vegetables; season with salt and pepper. Stir to thoroughly combine; season with salt and pepper to taste. Divide the **salad** between 4 dishes. Top each with a **cooked salmon fillet** and a few spoonfuls of the **salsa verde**. Enjoy!