

Seared Salmon & Salsa Verde

with Orange, Spinach & Farro Salad

Salsa verde, literally “green sauce” in both Italian and Spanish, can refer to two distinctive (and delicious) condiments. In this dish, we’re making the milder Italian version—a traditional topping for fish. You’ll combine chopped parsley, almonds and capers with garlic paste and olive oil to create a bright, herbaceous garnish for seared salmon, served over a warm salad of farro, spinach and fresh orange.



Ingredients

- 2 Skin-On Salmon Fillets
- ½ Cup Semi-Pearled Farro
- 4 Ounces Spinach
- 1 Navel Orange
- 1 Clove Garlic
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Sliced Almonds
- 1 Shallot
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon Capers

Makes 2 Servings

About 525 Calories Per Serving

Prep Time: 15 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** and cook 16 to 18 minutes, or until tender. Turn off the heat. Thoroughly drain the cooked farro and return to the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Peel and mince the garlic; using the side of your knife, smash until it resembles a paste (or use a zester). Finely chop the almonds and capers. Finely chop the parsley leaves and stems. Peel and thinly slice the shallot. Using a peeler, remove the rind of the orange, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Cut off and discard the remaining peel and pith; medium dice and deseed the orange. Roughly chop the spinach.

3



Make the salsa verde:

While the farro continues to cook, in a bowl, combine the **garlic paste**, **almonds**, **capers** and **parsley**. Stir in enough olive oil to create a rough paste; season with salt and pepper to taste.

4



Pickle the shallot:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **vinegar** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume. Transfer the shallot and liquid to the pot of cooked farro. Wipe out the pan.

5



Make the farro salad:

Add the **orange**, **orange zest** and **spinach** to the pot of **cooked farro** and **pickled shallot**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Set aside in a warm place.

6



Cook the salmon & serve your dish:

Pat the **salmon fillets** dry with paper towels and season with salt and pepper on both sides. In the pan used to pickle the shallot, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down. Cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Divide the **farro salad** and **cooked salmon fillets** between 2 dishes. Top with the **salsa verde**. Enjoy!