



Seared Salmon and Shaved Zucchini and Mushroom Salad with Lemon Caper Vinaigrette

Makes 4 Servings



Ingredients

For the Salmon

- ☐ 4 (5 oz.) salmon steaks
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon cracked black pepper
- ☐ 1 tablespoon canola oil

For Zucchini and mushroom Salad

- ☐ 1 lb. shaved zucchini
- ☐ 1 lb. shaved medium mushrooms
- ☐ 1/4 cup chopped chives
- ☐ 1/4 cup capers
- ☐ 1/2 lb. arugula
- ☐ 2 tablespoons lemon juice
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoon sugar
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon cracked black pepper

Directions

For the Salmon

Season both sides of the salmon with the salt and pepper. Heat sauté pan over high heat and add the oil. Place salmon in pan and sear over high heat for approximately 3 minutes. Turn salmon over and sear on the other side for 2 - 3 more minutes. Remove from pan and set aside.

For The Shaved Zucchini and Mushroom Salad

Place all ingredients in bowl. Toss lightly, let marinate for at least 1 hour. Drain salad and place vinaigrette in blender until smooth.

Chef Tip

To shave the zucchini, lay it on a cutting board after rinsing with water. Use a vegetable peeler to shave zucchini into ribbon.

To Serve

Divide zucchini and mushroom salad on middle of each plate, place 1 salmon steak on top of each salad drizzle with lemon caper vinaigrette.