

BASIC SEARED SALMON



DIFFICULTY

EASY



TIME

20 MIN



SERVES

4

INGREDIENTS

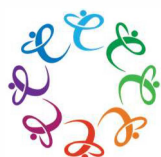
4 each 5-7 ounce salmon fillets,
pin bones removed
1 tsp cooking oil
Salt and pepper to season

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Heat a large sauté pan on your stovetop to medium high
3. Season both sides of salmon fillets with salt and pepper
4. Add 1 tsp of oil to pan
5. Place fillets "round" or "presentation side" down.
6. Cook over medium high heat for 3-4 minutes. They should become lightly browned
7. Turn salmon fillets over and cook 1 minute.
8. Place pan in oven and cook another 8 minutes, or until fillet is cooked to desired doneness. If you like your salmon cooked all the way through, cook until you see albumen (the white matter) forming on the sides.

NUTRITION FACTS PER SERVING

Calories: 310 Fat: 16g (Saturated Fat: 2.4g) Carbohydrates: 0g Fiber: 0g Sugar: 0g Protein: 39.2g



CALIFORNIA SCHOOLS
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