

Skillet Salmon With Spring Vegetables

By Lindsey Johnson, Cafe Johnsonia



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Ingredients

- 1-1 ½ lbs wild caught salmon fillet, skin on
- 2 large russet potatoes, scrubbed clean and cut into about ¼" slices, boiled just until tender
- 1 lb mixed spring vegetables (pea pods, baby carrots, green onions, green beans, radishes)
- small bunch of leafy greens, such as flowering brassica, raab, baby kale, or chard
- olive oil
- salt and pepper, to taste
- Mizuna or other greens for serving platter
- mustard vinaigrette (optional)



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Instructions

- Pat salmon dry and sprinkle with salt and pepper on both sides
- Heat olive oil in skillet over medium-high heat.
- Add salmon, skin side down. Cook for about 3-4 minutes
- Gently turn fillets over and cook for an additional 2-3 minutes until flesh is opaque and flakes easily with a fork
- Place the salmon on top of the mizuna greens on a serving platter, cover to keep warm
- Add more olive oil and sliced potatoes to hot pan, sprinkle with salt and pepper and cook until golden. Transfer to platter and keep warm
- Heat olive oil in another skillet with spring vegetable, salt & pepper, and sauté until tender crisp
- Add leafy greens to skillet, salt & pepper to taste and cook until bright green and barely tender
- Transfer to a serving platter and drizzle with a little mustard vinaigrette

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