

Pan Roasted Wild Sockeye and Grilled Vegetables over Spring Greens

Ingredients

Start-to-finish: 20 minutes

Hands-on time: 20 minutes

Serves 2

- Two 5 oz. filets Wild Alaskan Sockeye Salmon
- Salt and freshly ground black pepper
- 1 tablespoon olive oil plus 2 tablespoons
- 8 oz. Grilled Vegetables from the Gourmet Case, warmed in the microwave for 1 minute
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 4 handfuls mixed spring greens or a mix with arugula or kale (I prefer the brand in the box)

*Can't find an ingredient? Ask any Heinen's associate and they'll be happy to help.

Preparation

1. Salt and pepper the salmon filets.
2. Heat a 12-inch skillet over medium-high heat and add the 1 tablespoon olive oil. When the oil shimmers, add the filets to the pan skin side down. Cook for 4 minutes and turn them over to cook the other side for another 3 minutes. Remove from the pan to a plate and allow them to cool slightly while you make the dressing.
3. In a large bowl, combine the vinegar with a pinch of salt and a few grinds of pepper. Whisk in the honey and remaining 2 tablespoons olive oil. Add the greens and toss to dress the greens. Transfer the greens to two shallow serving bowls or plates and top with the warmed grilled vegetables and the salmon.
Serve immediately.