

Pan Seared Salmon with Stir-fried Vegetables

Chef Jim Newcomb

Yesterday's Restaurant Bar

Nutritional Facts

Serving Size: 1

Calories - 460

Protein - 34

Fat - 35

Sodium- 626

Ingredients:

1 ea 4 oz salmon fillet

1 ½ oz cooking oil - for the salmon

½ oz sesame oil - for the vegetables

1 cup bok choy - rough cut

1 cup napa cabbage - rough cut

10 ea snow peas

½ red pepper - julienne

2 ea. shiitake mushrooms - julienne

1 tbsp tamari

1 tsp ginger

1 tsp garlic

1 oz rice wine vinegar or sake

Salt & pepper to taste



Directions for Pan Seared Salmon with Stir-Fried Vegetables:

Prep vegetables and assemble seasonings. Season the salmon with salt and pepper. In a medium sauté pan, heat the pan with oil. Place salmon in pan for 2-3 minutes on each side until golden brown. Then finish salmon in the oven. Discard oil and wipe the pan clean.

Heat your medium sauté pan with oil and then add vegetables and seasonings. Finally plate the vegetables and add the fish atop and drizzle with sake, rice wine vinegar or soy sauce.