

Seared Loch Duart Salmon with Queens County Farm Kale and Cherry Tomato Ragout

Ingredients

Loch Duart Salmon (5oz)	Garlic 2 cloves
Yellow onion (small)	Extra virgin olive oil 1Tbsp
Capers 1Tbsp	Fig Vinegar 1 Tbsp
Cherry Tomatoes ½ pt	Salt to taste
Kale 1 bunch	Pepper to taste
Basil 1 bunch	
Parsley 1 bunch	

Instructions

1. Place a sauté pan on the stove top. Turn the burner on medium heat. Once the pan is hot add oil.
2. Sautee the onion until translucent
3. Add Kale to the pan and sauté till tender.
4. Remove from pan and set aside.
5. In a clean pan add the salmon. Sear till golden brown
6. Once the desired color has been achieved remove the salmon.
7. Add cherry tomatoes to the pan
8. When the tomatoes have started to release their juice add the chopped garlic
9. Add the chiffonade basil
10. Add the capers
11. Add a splash of the fig vinegar
12. Remove from heat
13. Garnish with chopped parsley

Nutrition Facts per Serving: 524 Calories, 30 g Total Fat (7g Saturated Fat), 80 mg Cholesterol, 339 mg Sodium, 17 g Total Carbohydrate (6 g Fiber, 19 g Total Sugars), 33 g Protein, 340 mg Potassium, 68 mg Phosphorus

Preparation Time: 15 minutes



Nutritional Benefits

Salmon contains vitamin A, important for immune function, reproduction, and vision; vitamin D, supporting calcium absorption and immune health; and vitamin B12, offering nervous system benefits and energy production. It is also a great source of omega-3 fatty acids, a type of heart-healthy fat that can decrease inflammation and support brain health. Selenium is also high in salmon; this aids in DNA synthesis.

Tomatoes are low in calories and provide important nutrients like vitamin C and potassium. They are also rich in antioxidants.

Kale is rich in antioxidants, vitamin C, vitamin K, and beta-carotene.