

Seared Salmon W/ Avocado puree

Yield: 2 servings

Ingredients:

- 2-8oz Atlantic Salmon Filets-Skin off
- 2 Ripe Avocados-Medium to Large Size
- ¼ cup Avocado, grapeseed, or olive oil
- 1 tbsp Honey
- Kosher Salt- To Taste
- Fresh Cracked Black Pepper- To Taste
- 3-4 tbsp Butter or Vegetable/coconut-based substitute.
- 2 cups Fresh Arugula
- 2 Large Lemons-Fresh
- 3 Fresh Garlic Cloves-smashed
- 2 sprigs Fresh Rosemary
- 2 tbsp Grapeseed oil-To sear Fish
- Microgreens or cilantro for garnish

Directions:

1. In a blender, combine avocado pulp, honey, ¼ cup of oil and juice of one of the lemons. Blend and adjust the seasoning with honey, salt, and black pepper. Once you are happy with the seasoning, place in fridge until ready to serve.

2. Season your salmon filets with kosher salt and black pepper, be sure to season all sides of your fish to ensure its properly seasoned.
3. Place a sauté pan over medium heat, add your grapeseed oil, once oil is starting to get hot, place the fish in the pan, skin side down (where the skin once was) and press lightly into the pan. This is going to give your fish an amazing crust!
4. After 2 minutes, check your fish, if you see a dark light brown crust coming up the sides of the filet, it is time to flip.
5. Once the fish is flipped, lower the heat slightly then add garlic and rosemary and cook for 10-12 seconds before adding the butter/butter substitute. Baste your fish for 2-3 minutes. if the fish feels firm, its time to remove from the pan.
6. In a bowl add the juice of one of the lemons and your arugula, toss and season with black pepper.
7. To plate, use a few tablespoons of the avocado puree on the plate first. You can get creative with plating, swipe your spoon in the puree to make a cool design, place the fish on top of the puree then a good serving of arugula on the plate.
8. Finish the fish with a small squeeze of lemon, crack of black pepper and salt if you think its necessary! Dig in and enjoy!