

PAN-SEARED SALMON WITH CITRUS SOY SAUCE

Yield: 4 servings (1 Fillet)



TOTAL TIME: 10 minutes

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- Salt and pepper
- Pan-searing flour
- 1 Tbsp. pure olive oil
- 2 Tbsp. Wegmans Shallot Thyme Finishing Butter
- ½ cup Wegmans Citrus Soy Sauce (prepared foods), warmed

PREPARATION

1. Season fish with salt and pepper. Dust both sides with pan-searing flour; pat off excess.
2. Heat olive oil in pan on medium-high until oil faintly smokes; add fish. Turn over when fish changes color one-quarter of way up and seared side has turned paper-bag brown, 3 min.
3. Reduce heat to medium. Cook about 4 min., until internal temp reaches 120 degrees. Check by inserting thermometer halfway into thickest part of fish.
4. Add finishing butter to pan; swirl. Baste with spoon, 1-3 min, until internal temp reaches 130 degrees.
5. Transfer fish to clean platter; let rest at least 2 min. Serve with sauce.

NUTRITION

Per serving: Calories: 440; Fat: 26 g (7 g Saturated fat); 2820 mg omega-3 fats; Cholesterol: 110 mg
Carbohydrates: 6 g; Protein: 40 g; Sodium: 690 mg.

APPROXIMATE PRICE: \$24.64 (\$6.16 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans