



## **Pan-Roasted Salmon**

*Jay C. Veregge ~ Executive Chef*  
(serves 1 person)

### **INGREDIENTS**

1            6-oz salmon fillet  
4 oz        fingerling potatoes, *halved lengthwise*  
2 Tbsp     olive oil  
to taste   salt & pepper  
1 tsp       garlic, *chopped*  
2 oz        Bloomsdale spinach  
  
1 oz        Chive Butter (see recipe below)

### **PROCEDURE**

- Preheat oven to 350°.
- Toss potatoes in 1 tablespoon of oil and season with salt and pepper.
- Roast in oven for 30 minutes or until tender.
- While still warm, toss in a bowl with garlic and spinach.
- To prepare the salmon, preheat an oven-safe pan on the stove over medium-high heat.
- Add 1 tablespoon oil and place salmon in pan skin-side up.
- Sear in pan for 2 minutes.
- Place in oven for an additional 4 minutes or until salmon is cooked to medium-rare or to desired temperature.
- Plate potatoes and spinach in center of plate, place salmon on potatoes and top with chive butter.

## **Chive Butter**

### **INGREDIENTS**

¼ lb        butter, *room temperature*  
2 oz        chives, *chopped*  
to taste   salt & pepper

### **PROCEDURE**

- Add all ingredients to a stand mixer with paddle and mix until combined. If you do not have a stand mixer, you can mix by hand until smooth.