

olivabella

slow food for your fast life

Salmon & Arugula

Fresh, easy and delicious is the reason. What else is there?

- 1 filet of salmon
- 1 bunch of fresh Arugula
- Umbro olive oil
- Green garlic or garlic scapes, chopped
- Sesame seeds or slivered almonds
- One lemon

Rub salmon with Umbro, sea salt & fresh cracked black pepper, and a squeeze of fresh lemon juice. Broil or grill it until flaky but not overdone. If you broil it, add to the pan the green garlic or garlic scapes. If grilling, then sauté these in a touch of oil.

If broiling, throw the sesame seeds or slivered almonds in the pan with the salmon about 3 minutes before it's ready to come off the heat. If grilling, toss nuts into a hot, dry skillet and roast until lightly browned, about 2 minutes. Either way, take care to not burn the sesame seeds or slivered almonds.

Line serving platter with fresh Arugula, drizzle with Umbro, a pinch of sea salt, black pepper, and lemon zest. A pinch of red pepper flakes adds a kick if you enjoy the heat.

Transfer salmon onto Arugula, drizzle oil it broiled in (the sautéed green garlic in oil if grilled), making sure all the green garlic and sesame seeds or almonds get onto the salmon. Finish with a squeeze of lemon and a dusting of black pepper!