

## **Salmon with Fennel Salad**

By Jules, Boston Mamas Guest Contributor

With the arrival of spring and summer, I can't get enough seafood. A light seafood entrée is the perfect dinner for me, and this recipe is a lovely, easy diversion from the typical banal salmon dish. The subtle fennel flavors come in the form of a light crunch similar to celery, and contrast surprisingly well with the brininess of the olives and sweetness of the oranges. Enjoy!



*Serves about 4*

- 1 large or 2 small bulbs fresh fennel
  - 1 cup black cured olives
  - 4-5 Clementine oranges
  - 1 bunch fresh parsley (or cilantro)\*
  - ¼ cup + 2 tablespoons (keep separated) good quality extra virgin olive oil
  - ¼ cup orange juice
  - Salt and pepper
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- About 2 pounds fresh salmon filet
  - Pinch red pepper flakes

**Make the salad.** Trim stalks and fronds from the fennel bulbs. Slice the bulb into long, thin slices. Pit and chop olives. Peel oranges and slice each segment in half. Rinse and chop parsley. Combine all ingredients in large bowl. Mix in ¼ cup olive oil and orange juice. Add salt and pepper to taste. Allow to sit for at least 15 minutes.

**Prepare the fish.** While the salad is marinating, prepare the fish. Preheat oven to 350°. In large cast iron skillet, heat 2 tablespoons olive oil. Season skin side of fish with salt and a pinch of red pepper flakes. When oil is hot and begins to shimmer, place filets in skillet, skin side down. Allow to sear for at least one minute, or until skin becomes crispy. Once skin is crispy, place entire skillet in oven and bake until just cooked through (this depends on the thickness of your filets, but for a filet about 1" thick, this will be about 7 minutes).

**Presentation.** Plate salad on large plate and top with fish.

\*I recommend parsley for this recipe only because it is more universally liked. In my house we prefer cilantro, so I use that. Each herb results in a very different flavor or the final recipe, so use whichever you prefer, or use both!