

Canned or Pan-fried Salmon Salad Nicoise



PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVINGS: 5

This wonderful meal can be thrown together in a short time and can change depending on what you have available. We tested it using canned, baked, pan-fried and smoked salmon, and our dinner guests raved about each preparation.

This recipe uses our Marinated Baked Salmon marinade plus Dijon mustard and honey to round out the flavors. At the end of the day, a salade Nicoise can be comprised of whatever you like (don't tell the purists- they say only anchovies, tomatoes, olive oil, and salt).

INGREDIENTS



ILIAMNA FISH CO.
★ ALASKA ★

320g (11 oz) **canned SOCKEYE SALMON**
or 1 full fillet (1 ½ lbs)

2 cloves **GARLIC**, minced

6 Tbsp **OLIVE OIL**

1 tsp dried or fresh **BASIL** (or other herb)

¾ tsp **SALT**

1 tsp ground **BLACK PEPPER**

2 Tbsp **LEMON JUICE**

2 tsp **HONEY**

2 Tbsp fresh **PARSLEY**, chopped

1 Tbsp **DIJON MUSTARD**

¼ - ½ pound of **TOMATOES**

½ pound of **GREEN BEANS** steamed

½ - 1 pound small **NEW POTATOES** boiled

6 boiled **EGGS**

PICKLED VEGETABLES like asparagus, dill
pickles, olives, and capers



1 COOK POTATOES AND BEANS

- ☐ Steam halved new potatoes until nearly tender (about 15 min), then add green beans on top and steam together until both are just tender, 4–5 minutes more. Refresh in ice water to preserve color and stop cooking.
- ☐ Toss the green beans in some additional olive oil and generously salt, repeat with the small boiled potatoes.



2 PREPARE SAUCE INGREDIENTS

- ☐ In a medium bowl (or use a food processor), prepare dressing by mixing garlic, olive oil, basil, salt, pepper, lemon juice, honey, and parsley. Do not add the Dijon mustard at this point or your dressing will emulsify. Mix the mustard in by hand once you've whizzed up the other ingredients.



3 COOK THE FISH

- ☐ *If using canned salmon you can skip this step*
Pat salmon dry, and sprinkle both sides evenly with salt and pepper. Heat 1-2 Tbsp oil in a large skillet over medium-high until shimmering. Add 2-3 salmon portions, skin side up; cook, undisturbed, until golden brown, about 2 minutes. Flip salmon, and cook until an instant-read thermometer inserted into thickest portion of fillets registers 110°F to 115°F, 2 minutes more. Transfer salmon to a plate. Repeat process with remaining portions.



4 ORGANIZE THE SALAD

- ☐ Arrange the lettuce leaves on a large platter or sheet pan, if using the baked salmon leave a large space in the middle for the salmon fillet. Halve or quarter the boiled eggs, and cluster the ingredients around the perimeter of the platter on top of the bed of lettuce leaves.



5 FINISH THE SALAD

- ☐ Open two cans of salmon, drain them well, and place in the middle of the platter, or add the pan-fried salmon portions. Drizzle the dressing over the salad—especially over the salmon, potatoes, eggs, and beans.

Tip: For a perfect boiled egg bring approximately one quart of water to a rolling boil, then lower 6 eggs into the water with a spoon to prevent them from cracking, reduce the heat to a low boil, boil for 10 minutes, and then drain the hot water and add ice to cool the eggs.