



Summer Salmon Salad with Citrus Vinaigrette

Crisp, island-inspired salmon and fresh sweet mango slices

Citrus Vinaigrette

- 3 Tablespoons fresh orange juice
- 3 Tablespoons fresh lime juice
- 2 Tablespoons fresh lemon juice
- 1 teaspoon honey
- 2 Tablespoons olive oil
- 1 Tablespoons minced red onions
- 1/2 Tablespoon fresh thyme leaves or as desired
- 1/2 teaspoon (each) orange; lemon; and lime zest
- Salt and ground black pepper to taste

Salad Ingredients:

- 1 fresh fennel bulb, trimmed, thinly sliced
- 2 small tomatoes, seeded, cut in chunks

1 mango, peeled, sliced
1/4 small red onion; peeled, thinly sliced

Spicy Blackened Salmon:

1 Tablespoon olive oil
1 Tablespoon unsalted butter
1-1/4-pound boneless salmon
1 teaspoon blackened or New Orleans seasoning
2 fresh kale leaves, stems removed, rough chop
Garnish: thyme sprigs; fennel fronds as desired

Prepare Vinaigrette: In a medium sized bowl, whisk all ingredients together; set dressing aside.

Combining Salad: Place thin sliced fennel, tomato chunks, mango slices, thinly sliced red onion in medium size bowl; pour half of dressing over salad ingredients to coat; set aside.

Pan Fry Salmon: Place oil and butter in 12-inch frying pan; preheat pan to 375 degrees F. Season salmon with blackened seasoning; cook on medium heat. When temperature is reached; place salmon in pan skin side up; cook for 7 minutes. Turn salmon over; cook for 7 minutes or cooked to 140 degrees F. Remove salmon to large plate, skin side down or remove the skin. Set aside to stay warm.

To Serve: Arrange kale on one end of serving platter; with slotted spoon, place fennel salad over the serving platter; top with cooked salmon. Drizzle remaining vinaigrette over salmon; garnish dish with thyme sprigs and fennel fronds.

About the Recipe: The island inspired salmon entrée salad is surrounded with juicy mango slices and highlighted with a citrus trio of flavors' dressing. The spirited spicy seasoning blends with a farm fresh fennel aroma. Have fun and enjoy a virtual island holiday dinner with this refreshing summer salad.