

# fresh FLAVORS recipe



## Ginger Seared Salmon with Raspberry Wasabi Spinach Salad

Serves 2

### Ingredients

- 2 6oz Verlasso Salmon, rinsed and patted dry
- 2 tbsp Spectrum Organic Coconut Oil
- 1 tsp freshly ground black pepper
- 1 tsp sea salt
- 1 shallot, minced
- 1 tbsp fresh ginger, peeled and grated
- 1/3 c Dreaming Tree® Chardonnay
- 3 tbsp Robert Rothschild Raspberry Wasabi Dipping Mustard
- 2 tbsp rice wine vinegar
- 1/4 c TFM Extra Virgin Olive Oil
- 2 c fresh baby spinach
- 1/2 c baby portabella mushrooms, sliced
- 1/4 c sesame snack sticks from the bulk section (optional)



*This recipe  
pairs perfectly with  
DREAMING  
TREE  
CHARDONNAY*

### Preparation

Season each salmon fillet with freshly ground black pepper and sea salt. Heat

*(Over)*



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a nonstick skillet over medium high heat for 2 minutes, add Spectrum Organic Coconut Oil and swirl to coat. Sear salmon flesh side down for 2-3 minutes, turn and lower heat to medium and cook approximately 2-3 minutes longer. Remove salmon from pan and set aside. In the same skillet, add shallot and ginger and sauté until shallot is translucent and ginger is fragrant, about 2-3 minutes. Remove pan from heat and add Dreaming Tree Chardonnay, scraping up any browned bits from the bottom of the pan. Return salmon to pan and continue to cook until the liquid is slightly reduced and salmon fillets are cooked to desired level of doneness, about 4 minutes.

Meanwhile make the Raspberry Wasabi Vinaigrette. In a large bowl, whisk together Robert Rothschild Raspberry Wasabi Dipping Mustard and rice vinegar. While whisking, slowly drizzle in  $\frac{1}{4}$  cup of olive oil until emulsified. Add spinach and mushrooms to the bowl. Using tongs toss salad to incorporate and lightly cover spinach with dressing. Garnish with sesame sticks if desired.

To serve, place salmon on plate and spoon over ginger sauce. Serve salad alongside Raspberry Wasabi Spinach Salad.