

# TROPICAL SALMON SALAD

*Who would have thought a gourmet fish salad could be so easy? Arugula is a spicy, peppery lettuce and when you combine it with the richness of the salmon, saltiness of the cheese and sweetness of the mango you'll create a perfect harmony of flavors.*



Servings: 4  
Prep time: 10 minutes  
Cooking time: 10 minutes  
Cost: \$19.49

## Ingredients

1 lb. salmon (de-boned, skinless)  
1 bunch baby Arugula (or prewashed bag or box)  
Juice of 1 lemon  
Juice of 1 lime  
1 ripe mango  
1 ripe avocado  
4 oz. Gorgonzola  
2 tablespoons vegetable oil (preferably canola)

## Equipment

Sauté pan  
Paring knife  
Cutting board

## Directions

1. Slice salmon on a cutting board with a paring knife into four equal sized pieces. Season both sides with salt and pepper; this is the best time to season raw fish or meat. Heat the pan over medium-high, allowing it to warm up before pouring in the vegetable oil. Gently place the salmon onto the hot pan. You should hear a sizzle when you do this — don't worry! This means the searing process will work properly. Sear on medium-high for 4 -5 minutes on each side for medium, 6 – 7 minutes on each side for well done.
2. Cube and cut the avocado and mango. Our general advice on cutting a mango is to work your way around the pit, slice around the pit and cut into cubes. To make sure your avocado stays fresh while you're working on the salmon, sprinkle it with lemon or lime juice.
3. On a large serving plate, place the avocado, mango, and Gorgonzola on a bed of arugula. Place the fish on the salad. Squeeze the juice of one fresh lime and one fresh lemon over the salad. No extra oil is necessary! It's light and delicious just like this.