

PAN-SEARED SALMON WITH KALE AND APPLE SALAD

Preparation: 20 minutes | Cooking: 10 minutes | Servings: 4

INGREDIENTS

4 whole wheat dinner rolls
4-5 ounce salmon filets
1 bunch kale, ribs removed
1 honeycrisp apple
1/4 cup dates
1/4 cup pecorino, finely grated
3 tablespoons lemon juice
3 tablespoons olive oil
3 tablespoons toasted,
slivered almonds
Kosher salt
Black pepper



INSTRUCTIONS

Bring salmon to room temperature 10 minutes before cooking. Whisk together lemon juice, 2 tablespoons olive oil, and 1/4 teaspoon salt. Add kale, toss to coat and let stand for 10 minutes. Slice dates and cut apple to matchsticks. Add dates, apples, pecorino, and almonds to kale, and toss to coat. Sprinkle salmon with 1/2 teaspoon salt and pepper. Heat remaining 1 tablespoon oil in large pan over medium-high heat before placing salmon skin side up on pan. Cook for 4 minutes, or until golden brown, on one side before flipping with spatula. Cook for 3 more minutes or until it feels firm to touch. Dish salmon, salad and rolls.