

PAN-SEARED SALMON WITH KALE AND APPLE SALAD

Total Time **40** minutes | Servings: **4**

INGREDIENTS

Four 5-ounce center-cut salmon fillets (1-inch thick)
6 cups a bunch kale (ribs removed, thinly sliced)
1/4 cup finely grated pecorino
1/4 cup of dates
3 tablespoons fresh lemon juice
3 tablespoons olive oil
3 tablespoons toasted slivered almonds
4 whole wheat dinner rolls
1 Honeycrisp apple
Black pepper
Kosher salt



INSTRUCTIONS

Bring the salmon to room temperature 10 minutes before cooking. Meanwhile, whisk together the lemon juice, 2 tablespoons of olive oil, and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes. Sprinkle the salmon with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula and cook until it feels firm to the touch, about 3 more minutes. Divide the salmon, salad and rolls evenly four plates. Serve and enjoy!