



Seared Sockeye Salmon



SHOPPING LIST

- 6 oz salmon
- 2 tbsp olive oil
- 1/4 cup white wine
- 1 tbsp lemon juice
- 1 tsp chopped garlic
- 2 tbsp chopped tomatoes

INSTRUCTIONS

- Heat oil in saute pan to medium-high heat.
- Sear both sides of the salmon, add garlic and deglaze with white wine and lemon juice, and bring to a boil.
- Finish the sauce with tomatoes and parsley.