

# Seared Salmon with Roasted Brussels Sprouts, Red Onions & Marbled Potatoes

## Ingredients

- 1-2 pound salmon fillet ( 1- 1 ½" Thick)
- 1 pound of brussels sprouts split in half
- ½ pound marble potatoes
- 1 Red Onions
- 1 Shallot, minced
- 1 Garlic clove, Minced
- 3oz Market to Table Herb butter
- 8oz White wine of your choice
- 1 Lemon, Quartered
- Salt & Fresh ground pepper
- Extra virgin olive oil

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# MARKET TO TABLE

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W I N T E R   G A R D E N

## Instructions

1. Pre heat grill to 375 degrees
2. In a bowl, toss marble potatoes, brussels sprouts, onions in olive oil, salt and pepper.
3. Lay a sheet of aluminum foil on the grill and place potatoes, onions and Brussels sprouts on it. Cook until tender, about 15 min
4. Meanwhile, butcher salmon making sure to remove all "pin" bones, set aside.
5. When potatoes are almost ready, heat a 10" nonstick skillet to medium-high heat.
6. Pat salmon dry and season with salt and pepper
7. Place salmon skin side down in the pan. Cook for 2-3 min then flip until desired cooking temperature is achieved.
8. Remove Grilled Vegetables from grill, set in a warm spot.

## Pan sauce

1. Remove salmon to rest and wipe out the pan.
2. Melt a teaspoon of butter, add minced shallots and garlic to sweat.
3. Deglaze with white wine and reduce to almost dry.
4. Remove pan from heat. Add 1 teaspoon of butter at a time until a thick sauce forms.
5. Add a squeeze of lemon to the sauce and grilled vegetables

## Plating

1. Place grilled vegetables on the plate
2. Top with seared salmon
3. Pour sauce around the plate