



Seared Salmon Fillet with Dill and Chive Salsa

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 nice thick slice of salmon fillet (skin on) - 1 medium size tomato - 2 green onions - 1/2 english cucumber (deseeded) - chives - fresh dill - two tablespoons of vegetable oil - two tablespoons of rice wine vinegar

Instructions

- Salsa Prepare a fine dice of tomato and cucumber. Chop the green onions, chives and fresh dill, combine all in a bowl and add the oil and vinegar. Mix. - Salmon In a hot nonstick pan, add 1 tablespoon of oil and place the salmon flesh side down. Lower heat to medium high and cook for 2 to 3 minute until crust forms. Turn down heat to medium and turn over to skin side. Cook on medium heat for about 7 minutes. Remove from pan and set aside. - For this dish I served a plain rice flavored with some chopped chilies and fresh curry leaves. - Place rice in small ramekin and unmold on plate. Place salmon on rice. Spoon salsa over and around salmon. If you prefer your salmon grilled, that would work well too!