

Pan-Seared Salmon with Mango & Avocado Salsa

Adapted from: Michelle Tam

Prep time: 15 minutes minutes

Cook time: 5-10 minutes

Total time: 25 minutes

Serves: 1



Ingredients

For Salmon:

1 ½ lb. fresh wild king salmon filet

1 tbsp. ghee

kosher salt

freshly ground black pepper

For Salsa:

2 cups ripe tomato, diced (about 2 mangoes)

½ cup red onion, finely diced

1 cup avocado, diced (about 1 avocado)

¼ cup cilantro, minced

1 tbsp. EVOO

freshly ground black pepper

big pinch salt

¼ tsp. red pepper flakes

juice from 1 lime

Instructions

1. For salsa, place diced mango in a bowl, then add onion, avocado, cilantro, salt, pepper, olive oil, and lime juice. Set aside.
2. For salmon, start by cutting the filet into 4 serving-size pieces. Pat them dry, then season all sides with salt and pepper.
3. Heat a tablespoon of ghee in a cast iron skillet over medium-high heat until shimmering. Add the salmon, skin-side-down, and then turn down the heat to medium-low. Gently

press each piece of salmon down with a flexible spatula to prevent them from curling up –you want the skin to crisp evenly.

4. Cook for 6 minutes or until the crispy skin releases from the surface of the skillet (or until a meat thermometer registers between 120°F and 130°F). For color, quickly sear the other sides of the salmon, about 30 seconds per side.
5. Serve with the crispy skin facing up with Mango and Avocado Salsa.