



# Salmon Filet with Olive Salsa on Farro

Serves 1



## INGREDIENTS

- Skinless salmon filet 3-4oz
- Cooked Farro – 1 cup
- Hummus – 1 tbsp
- Pickled radish or turnip – 6-8 pieces
- Sliced olives 2 tbsp
- Sundried tomato 1 tsp
- Minced red onion 1 tsp
- Vegetable stock 2 tsp
- Grape tomatoes, 5 halves
- Lemon Za'atar vinaigrette – 2 tbsp

## INSTRUCTIONS

### COOKING

- Heat sauté pan with vegetable oil
- Season salmon filet with salt, pepper, and sumac
- Place seasoned side down in pre-heated pan, cook for 2-3 mins
- Flip to other side and turn down the heat cook for 1 more minute. Don't go past 140 degrees Fahrenheit internal temp. Set filet aside.
- Add minced red onion to pan and cook for 30 seconds
- Add sliced olives and sundried tomato, toss to heat ingredients, add veg stock and remove from heat

### PLATING

- Spread hummus in circle at center of plate
- Toss warm cooked farro with lemon vinaigrette, some fresh parsley and minced red pepper. Pile on top of hummus
- Line up pickled radish on top of farro, making a platform for the salmon
- Place cooked salmon filet on top of radishes
- Top salmon with olive salsa, fresh parsley, and shaved radish
- Drizzle remaining vinaigrette around plate, add sliced grape tomatoes

*Bon Appetit!*

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