

# FJORD

## FISH MARKET



### Pan Seared Salmon

#### Ingredients

- ½ lb. of salmon fillet
- Pinch of salt and pepper
- Olive oil
- 2 tsp. of butter
- 5 whole garlic cloves
- 10 cherry tomatoes
- 2 tsp. of fresh oregano
- 1 tsp. of salt & pepper
- ½ cup of lemon juice
- ½ cup of white wine

#### Instructions

Coat the salmon with olive oil and season with salt and pepper.

Lightly sear fillet in pan.

Remove fillet and add rest of ingredients into pan.

Submerge fillet into pan and sear for 12-15 minutes.