

## **Pan Seared Salmon with Sun Dried Tomato and Oregano Dressing**

By Chef Watson, Central Dairies

### **Ingredients:**

4 (5-ounce) center-cut salmon fillets (1-inch-thick), skin off  
2 tablespoons Olive oil  
Kosher salt and freshly ground black pepper

### **Sun Dried Tomato and Oregano Dressing**

#### **Ingredients:**

5 Sundried Tomatoes  
½ cup Chicken stock  
1 cup Extra virgin olive oil  
2 tsp Dried Oregano  
Juice of 1 whole Lemon  
Seasoning to taste

**Method:** Coarsely blend all ingredients together.

**Method:** Warm a large non-stick skillet with olive oil over medium-low heat. Season the fish with salt and pepper and raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on 1 side, about 4 minutes. Turn the fish over with a spatula and add the Sun dried Tomato and Oregano Dressing cook until it feels firm to the touch, about 3 more minutes. Transfer to a plate and serve as desired.

