

Pan Seared Salmon with Sun Dried Tomato and Oregano Dressing



Pan Seared Salmon

Ingredients

- 4 (5-ounce) center-cut salmon fillets (about 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 1 whole lemon
- Seasoning to taste

Instructions

- Coarsely blend all *Sun Dried Tomato and Oregano Dressing* ingredients together
- Warm a large non stick skillet with olive oil over medium-low heat
- Season the fish with salt and pepper
- Raise the heat to medium-high and place the salmon, skinside 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 about 3 minutes more, or until it feels firm to the touch
- Transfer to a plate and serve as desired

