

Pan Seared Salmon with Tzatziki Sauce and a Cucumber Tomato Salad

This fresh and delicious recipe is perfect for the hot summer. It's cool and refreshing and you won't feel over-stuffed after enjoying it. We have the delicious Nice Spice Seafood Blend available at the winery (club member price: \$5)!

Ingredients:

6 oz. filet of salmon (per person)	Cucumber Tomato Salad (make ahead, recipe follows)
1 Tbsp. canola/vegetable oil (per salmon fillet)	1/2 tsp. lemon zest
1 tsp. Nice Spice Seafood Blend (per salmon fillet)	1/2 tsp. fresh dill, finely chopped
Tzatziki Sauce (make ahead, recipe follows)	

Make Ahead: Tzatziki Sauce

1/2 large cucumber	1 Tbsp. fresh lemon juice
1 1/2 C. plain greek yogurt	1/2 tsp. salt
1/2 Tbsp. white wine vinegar	1 Tbsp. fresh dill, finely chopped
	2 garlic cloves, chopped

1. Grate cucumber and strain with cheesecloth or fine mesh sieve for 4 hours to overnight in the fridge.
2. Combine yogurt, garlic, oil, vinegar, lemon juice, and salt in a large mixing bowl and refrigerate for 4 hours to overnight.
3. Combine fresh dill to grated cucumber and then fold into the yogurt mixture until well combined. Store refrigerated.

Make Ahead: Cucumber Tomato Salad

1/2 large cucumber, chopped into a small dice	1/2 Tbsp. fresh dill, chopped
1 tomato, chopped into a small dice	1 Tbsp. Extra Virgin Olive Oil
1/2 small red onion, thinly sliced	1/2 Tbsp. red wine vinegar
1/2 Tbsp. fresh parsley, chopped	

Combine all ingredients into a mixing bowl, mix well, and then refrigerate for 30 minutes to an hour to allow all flavors to come together.

Directions for Pan Seared Salmon:

Preheat oven to 350 degrees F, and begin heating an oven-safe sauté pan on medium heat. Pat the salmon dry with a paper towel and coat with Nice Spice Seafood Blend. Once sauté pan is heated, add canola/vegetable oil and salmon fillet to the pan. Cook salmon on one side for 3 minutes, turn over the salmon and place the pan in the oven for 5-10 minutes, depending on the final desired temperature of the salmon.

Allow salmon to cool for 2-3 minutes before plating with a couple tablespoons of delicious tzatziki sauce and a large spoonful of fresh cucumber and tomato salad. Garnish with lemon zest and fresh dill. Enjoy!

