

Crispy Salmon and Arugula Salad with Carrot-Ginger Vinaigrette

Ingredients:

- 1/4 cup grated carrot
- 3 tablespoons fresh orange juice
- 2 tablespoons finely chopped onion or shallots
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons rice vinegar
- 1 teaspoon honey
- 1 teaspoon minced peeled fresh ginger
- 3/4 teaspoon salt
- 4 ounces baby arugula
- 1 cup quartered cherry tomatoes
- 1 large red bell pepper, thinly sliced
- 1/2 teaspoon dark sesame oil
- 4 (6-ounce) fresh salmon fillets
- 1/4 teaspoon freshly ground black pepper

*Pair this with the
Grüner Veltliner!*

Preparation

1. Combine carrot, orange juice, 1 tablespoon onion, 1 tablespoon olive oil, 2 teaspoons rice vinegar, honey, ginger, and 1/4 teaspoon salt in a mini food processor; process 1 minute or until well combined.
2. Place arugula, tomatoes, and bell pepper in a large bowl. Add the remaining 1 tablespoon onion, 1 1/2 teaspoons olive oil, remaining 2 teaspoons vinegar, and sesame oil; toss well. Sprinkle with 1/4 teaspoon salt; toss well.
3. Heat a large nonstick skillet over medium-high heat. Sprinkle fish with remaining 1/4 teaspoon salt and black pepper. Add remaining 1 1/2 teaspoons olive oil to pan; swirl to coat. Add fish to pan, skin side down; cook 6 minutes or until skin is browned and crisp. Turn fish over; cook 2 minutes or until desired degree of doneness. Arrange 1 1/2 cups salad on each of 4 plates; top each serving with 1 fillet and 2 tablespoons vinaigrette.