

SPICE RUBBED SALMON SAUTÉ

Spice Rub

2 tbsp sweet paprika
1 tbsp brown sugar
2 tbsp salt
2 tbsp chili powder
1 tsp cayenne pepper
1 tsp garlic powder
1 tbsp ground pepper

In a medium bowl, combine all spice rub ingredients, stir thoroughly.

Salmon

8 - 4 oz portions salmon fillet
4 oz butter
2 tbsp extra virgin olive oil
1 bunch green onions, chopped
2 tbsp dried parsley flakes or ¼ cup fresh chopped parsley
4 fresh green onions & fresh parsley for garnish

Roll each portion of skinned and boned salmon fillet in spice mixture, coating thoroughly. Shake off excess. Store in refrigerator.

Clean and chop green onions (including green part) and parsley (if using fresh).

Melt butter and olive oil in large heavy bottomed skillet over medium heat until butter is melted.

Add onion and parsley and sauté for one minute.

Increase heat and add salmon fillet. Sauté for a minute or two on each side (depending on thickness) until fish is medium rare.

Remove to serving plate, placing a bit of sautéed onion atop each portion.

Finish with sprinkle of fresh green onion and fresh parsley.

Serving for 8