

Arugula Salad with Salmon

8 ingredients · 15 minutes · 1 serving



Directions

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings

More vegetables, nuts or seeds.

Ingredients

- 6 ozs Salmon Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 2 cups Arugula
- 1/4 Cucumber (sliced)
- 1/2 Avocado (sliced)
- 1 Fig (optional, quartered)