

# SAUTEED SALMON AND LEEKS



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Skinless, Boneless Salmon Fillets  
Leek, Trimmed and Thinly Sliced  
Ripe Tomatoes, Chopped  
Olive Oil

### QUANTITY

4 (about 1½ lb.)  
1  
3  
2 Tbsp.

### ITEM

Lemon Juice  
Chopped Fresh Basil  
Salt  
Freshly Ground Black Pepper

### QUANTITY

2 Tbsp.  
2 Tbsp.  
To Taste  
To Taste



## PREPARATION

- ✔ Season the salmon fillets with salt and freshly ground pepper on both sides.
- ✔ Heat 1 tbsp. olive oil in a large skillet over medium-high heat.
- ✔ Add the salmon fillets and sear for about 3-4 minutes per side, or until cooked through and golden brown. Remove and set aside.
- ✔ In the same skillet, add the remaining 1 tablespoon of olive oil. Add sliced leeks and sauté for 3-4 minutes until tender.
- ✔ Add the chopped tomatoes and cook for another 3-5 minutes until the tomatoes soften and release their juices.
- ✔ Stir in lemon juice and chopped basil. Season with salt and pepper to taste.
- ✔ Return the salmon fillets to the skillet and spoon the leek-tomato mixture over the top. Let everything heat through for 1-2 minutes.
- ✔ Serve warm, garnished with additional basil if desired.