citrus and roasted salmon salad



featured product:
baby spring mix

impress your dinner guests with our beautiful citrus and roasted salmon salad. salmon is slow-roasted to perfection with orange zest and shallot. the dressing is a combination of sweet and spicy elements, from honey to turmeric and smoked paprika. everything is served over organic girl spring mix, and topped with a selection of citrus. a beautiful salad, but even better to eat.

ingredients

4 Servings

1 lb. (16 oz.) filet of salmon
1 teaspoon fine sea salt
freshly ground black pepper
1 shallot, peeled and thinly sliced
1 medium orange, zested (reserve zest) and supremed
? cup + 1 tablespoon olive oil
4 cloves garlic, peeled and thinly sliced
2 teaspoons smoked paprika
1 teaspoon crushed coriander seeds
1 teaspoon turmeric
2 tablespoons red wine vinegar
1 tablespoon honey
1 clementine, peeled and sliced in rounds
1 medium grapefruit, peeled and sliced in rounds
1 blood orange, peeled and sliced in rounds
1 box organicgirl spring mix
Sesame seeds, for sprinkling

directions

1. Preheat the oven to 250°F. Season the salmon fillet with salt and pepper.

2. Combine the shallot, orange zest and one tablespoon of olive oil in a small bowl. Pour over the seasoned salmon.

3. Bake the fish until the fillet is opaque in the center and flakes with a fork, 30–35 minutes. Let rest for 10 minutes, then gently flake into large pieces.

4. Combine the remaining ? cup olive oil and the garlic in a small skillet over medium heat. Heat for 4-5 minutes until the garlic is fragrant and lightly golden.

5. Remove from heat and pour into a small bowl. Whisk in the smoked paprika, coriander and turmeric. Add the red wine vinegar and honey. Season to taste with salt and pepper.

6. Layer the Organic Girl spring mix, citrus rounds and flaked salmon together on a large plattDrizzle with spiced garlic dressing. Sprinkle with sesame seeds. Serve.

nutrition

Calories per 4 serving- 447
Fat per 4 serving- 31
Cholesterol per 4 serving- 56.75
Sodium per 4 serving- 641.25
Carbohydrates per 4 serving- 18.5
Added Sugars per 4 serving- 1.5
Protein per 4 serving- 25.5
Total Sugar per 4 serving- 12.25