

Recipe Name **Wild Salmon with Pesto**

Ingredients: 4 pieces of wild caught salmon (any type)
 4 Tbsp. pesto
 Kosher salt & pepper
 Avocado oil

Directions

1. Dry salmon in paper towels so that both flesh and skin are thoroughly dried.
2. Begin to pre-heat pan to medium high heat.
3. Season flesh side with salt and pepper, flip, and season skin lightly with kosher salt. This will help to further dry the skin and ensure crispy skin.
4. Once pan is hot, add a couple Tbsp. avocado oil to the pan, enough to lightly coat it.
5. Immediately lay salmon in pan gently to avoid splattering, skin side DOWN.
6. Cook skin side until you can see that the fish is cooked about 2/3 through (about 3 minutes depending on the thickness of the fish)
7. Gently flip fish over in pan and turn pan down to low. Continue to cook the fish gently for another 1- 2 minutes to 120 degrees.
8. Place one Tbsp. of pesto onto each plate. Remove salmon from pan and plate on top of pesto, skin side up to maintain the crispy skin.