



CITY HALL
BISTRO

**SEARED SALMON
WITH SUMMER SUCCOTASH AND WILD ARUGULA**

- + 2 5-oz Skin on Salmon Filets
- + 12oz canned Bianco d Napoli Tomatoes, crushed
- + 2oz California Olive Oil
- + 1 Zucchini
- + 3 Garlic Cloves, chopped
- + 1/4 White Onion, diced
- + 1 bag of Frozen Vegetables (16oz)
- + Bunch on Wild Arugula
- + Sea Salt
- + Fresh Cracked Pepper

- Heat cast iron skillet on medium heat. Add oil.
- Place salmon skin side down. Slowly render the skin. Cool until skin is golden brown and crispy. About 7 minutes. Remove fish from heat.
- Add more oil, zucchini and garlic and onions. Cook until softened.
- Add canned tomatoes. And water, as needed.
- Place the salmon skin side up. Bring to slow simmer for 7 minutes.
- Serve on cast iron skillet. Finish with Maldon salt, and fresh rocket salad.