



Another delicious recipe from
Tanya's Kitchen

Seared Salmon

Ingredients

4 4-ounce salmon filets
Fresh thyme
Olive oil
Salt and pepper

Directions

- Mix the salt, pepper and thyme into a small amount of olive oil and rub the mixture on top of the salmon filets
- Place the salmon, seasoned side down, into a hot, oiled non-stick pan
- Cook for three to four minutes so the edges of the salmon start to get crusty
- Turn the salmon over and cook until done
- Serve over a bed of baby greens and grape tomatoes
- Drizzle with a balsamic
- You can find all these ingredients at all your Foster's Food Fair IGA stores