MYMAYNEISLAND.COM

MY MAYNE ISLAND • FEATURED RECIPE

Pan-Seared Local Fish with Crisp Island Greens

10 min	8 min	2
PREP	COOK	SERVINGS

Ingredients

- [ ] 2 fresh local fish fillets (salmon or halibut)
- [ ] 2 cups fresh seasonal salad greens or baby spinach
- [ ] 1 ripe tomato, or a handful of cherry tomatoes, sliced
- [ ] 1 lemon (juiced, with wedges for serving)
- [ ] 2 tbsp quality olive oil
- [ ] Salt and pepper, to taste

ISLAND SHOPPING TIP

Stock your vacation kitchen from local favourites like the Farm Gate Store, The Trading Post and the island's roadside farm stands for fresh produce, artisan goods and quality proteins.

Instructions

1. **Make the salad**
   Toss the greens and tomatoes with half the olive oil, a squeeze of lemon juice, and a pinch of salt and pepper. Set aside.
2. **Sear the fish**
   Pat the fillets dry and season well. Heat the remaining oil in a pan over medium-high heat and cook for 3 to 4 minutes per side, until golden and cooked through.
3. **Serve**
   Plate the warm fish next to your fresh salad, squeeze a lemon wedge over top, and enjoy it out on the deck.

My Notes