

# Fall Kale Salad With Pan Seared Salmon

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*By Ari Laing*



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## Ingredients

- 2 (6oz) salmon Prince William Salmon fillets, skin on
- ½ tsp Kosher salt
- freshly ground black pepper
- 1 tbsp neutral oil such as grapeseed, avocado, or canola oil
- 1 large bunch of lacinato kale ribs removed, leaves thinly sliced into ¼-½-inch strips
- 1/3 cup grated Parmesan cheese
- 2 tbsp pumpkin seeds, toasted or untoasted
- 2 tbsp extra virgin olive oil
- 1 tbsp aged balsamic vinegar
- 1 tsp flaky sea salt

## Notes

To make-ahead: This salad can be made up to 24 hours in advance, but do not dress it until just before serving. Otherwise, the kale will get soggy. The salmon fillets can be cooked 1-2 days in advance and enjoyed cold, room temperature, or reheated before adding to the salad. Leftovers and storage: Store any leftovers in a sealed airtight container in a fridge for up to 3 days. Note, however, that the salad is best on the first day. Do not freeze leftover salad, however, you can freeze leftover pan seared salmon

## Instructions

- Season the salmon
- Pat salmon fillets dry with paper towels, then season on the flesh side with ½ tsp Kosher salt and a little black pepper
- Pan sear the salmon
- Heat a skillet over medium-high heat
- When hot, add 1 tbsp neutral oil
- Add salmon skin-side down, then cook undisturbed for 4 minutes
- Use tongs or a fish spatula to carefully flip the fish, then cook for 3 minutes more, depending on the thickness of the fish (wild salmon is often thinner and tends to cook more quickly than farmed)
- Set aside, skin-side up so it remains crispy, while you assemble the salad and serve
- Place kale leaves in a large mixing bowl, then add 1/3 cup grated Parmesan, 2 Tbsp pumpkins seeds, 2 Tbsp extra virgin olive oil, 1 tbsp aged balsamic vinegar, and 1 tsp flaky sea salt.
- Toss well, taste and adjust seasoning as needed, then divide between two bowls
- Top each with a piece of salmon
- Serve immediately



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