

# Blackened Salmon with Quinoa Pilaf paired with Davis Estates Pinot Noir

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## INGREDIENTS:

### Blackened Salmon

- 1 tablespoon paprika
- 1 teaspoon smoked paprika
- 2 teaspoon chopped thyme
- 1 tablespoon chopped oregano leaves
- 2 teaspoons brown sugar
- 1 teaspoon kosher salt
- 4 (7-ounce) pieces salmon, pin bones removed, skin off
- ¼ cup canola oil
- 1 lemon, quartered

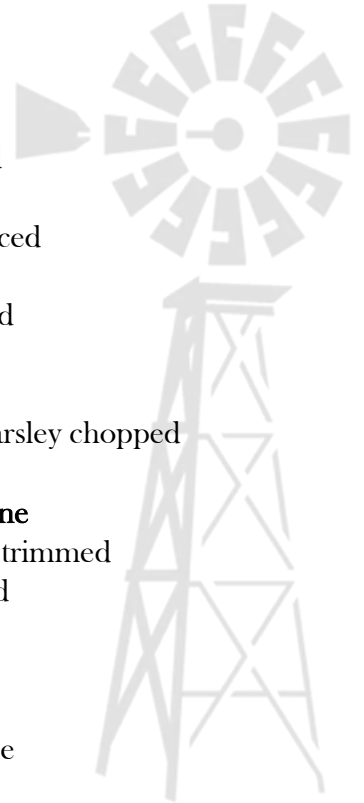
SERVES: 4

### Quinoa Pilaf

- 1¼ cup quinoa, rinsed
- 2 tablespoons butter
- ½ cup onion, finely diced
- 1 clove garlic, minced
- ¼ cup carrot, shredded
- ¼ cup celery minced
- 2 cups chicken broth
- 2 tablespoons fresh parsley chopped

### Green Bean Almondine

- 1-pound green beans, trimmed
- ¼ cup Almonds, sliced
- 1 tablespoon butter
- Pinch of nutmeg
- 2 tablespoons water
- 1 teaspoon lemon juice



## METHOD:

### Quinoa Pilaf

- Rinse quinoa under cold water and drain.
- In a medium sized saucepan over medium heat add butter, onion, and garlic, sauté until translucent about 2 minutes.
- Add quinoa and cook until lightly browned. Add broth, carrot, and celery, no need to stir. Bring to a boil, reduce heat, and simmer covered for 20 minutes or until liquid is absorbed.
- Remove from the heat, keep covered, and let rest for 5 minutes. Season with salt & pepper to taste.

### Blackened Salmon

- In a small bowl mix together both paprikas, cayenne, thyme, oregano, brown sugar and salt.
- Place evenly on a plate and lay the salmon (skin side up) on the mixture, coating the top side of the salmon only.
- Heat a large heavy-bottomed pan or cast-iron skillet over medium-high heat and add the oil. When the oil begins to smoke, add the salmon, flesh side down and lower heat to medium, cook 2-3 minutes.
- Flip the salmon and cook 5 to 6 minutes longer or until it reaches an internal temperature of 135°F.

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### **Green Bean Almondine**

- Cook green beans in salted boiling water until tender, 3 minutes. Drain and rinse under cold water.
- In a skillet over medium heat add butter and almonds, sauté until almonds are golden, about 2 minutes, add a pinch of nutmeg.
- Stir in the beans, water, and lemon juice, season with salt and pepper. Cook, stirring, until warmed through, 2 minutes.

### **To Finish**

Fluff the Quinoa Pilaf with a fork and mix in parsley. Place Blackened Salmon and Green Bean Almondine on a platter and garnish with lemon wedges for individual enjoyment.