

# CHEF BOBBY'S

## PANSEARED SALMON AND GREEN BEANS

Recipe Courtesy: Chef Bobby Nahra from Lakeland Banquet and Catering Center

### Ingredients:

- 2 center-cut salmon fillets (6 oz. each)
- 1 1/2 Tbsp fresh lemon juice
- 1 1/2 Tbsp olive oil
- Salt and freshly ground black pepper, to taste

### Procedure:

1. Place the salmon fillets in a shallow bowl. Toss well with lemon juice, olive oil, salt and pepper. Let rest for 15 minutes.
2. Cook the salmon, skinside down in a nonstick skillet over medium-high heat for 2 to 3 minutes, shaking the pan and carefully lifting the salmon with a spatula to loosen it from the pan.
3. Reduce the heat to medium. Cover the pan and cook until the salmon is cooked through, 3 to 4 minutes more. The skin should be crisp and the flesh medium rare.
4. So I take a half a pound of green beans for 3 to 4 minutes on medium high heat season with salt pepper rosemary finish with a tablespoon of butter and some quartered grape tomatoes place on the plate in a circular fashion place salmon on top garnish with lemon and bon appétit.