



**SALMON & PAN SEARED**  
VEGETABLE MEDLEY

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**Prep time:** 10 Minutes

**Cook time:** 15 Minutes

**Servings:** 4 People

## INGREDIENTS:

3 Roma Tomatoes

2 Yellow Bell Peppers

2 zucchini

1 white onion

4 garlic cloves

19 oz. chick peas

1 **tblsp.** of dry oregano

2 **tblsp.** of balsamic vinegar

(4) 5-6 oz. salmon filets

3 **tblsp.** of olive oil

2 **tblsp.** fresh parsley chopped

Salt & ground pepper to taste

## CHEF'S TIP:

If you're not a fan of fish, substitute salmon with chicken or pork

## DIRECTIONS:

Preheat a large heavy skillet over medium -high heat, add 2 tablespoons of olive oil.

Add sliced zucchini, chopped onion, diced Bell Peppers and thinly sliced garlic to the hot pan and sauté until vegetables are slightly browned and softened, approximately 3 to 4 minutes.

Add chick peas, diced Roma Tomatoes, oregano, and vinegar. Continue cooking until everything in pan comes to a boil.

Heat a second large, non-stick pan on medium high heat. Add remaining 1 **tblsp.** of olive oil.

Season salmon filets with salt and pepper.

Sear salmon for approximately 4 minutes per side.

Serve stewed vegetables alongside salmon. Garnish with chopped parsley.