

# A Sutherland Belle

## Spring Salmon Salad with Peas & Radishes

### INGREDIENTS

- 1 ¼ pound thick-cut Atlantic salmon, skin on
- 5 mini-English cucumbers, sliced into half moons
- 10 radishes, thinly sliced
- 1 cup fresh peas
- 5 cups frisée (curled endive)
- zest and juice of 2 lemons (at least ¼ cup juice)
- 1/3 cup oil
- 1 cup Parmesan cheese, divided
- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1 teaspoon fresh cracked black pepper

### INSTRUCTIONS

1. Preheat oven to 400°. Place salmon skin-side down on a parchment-lined baking sheet. Rub in oil and season with salt and pepper. Cook for 12-14 minutes or until salmon begins to pull apart. After cooling, remove salmon from skin and cut into large bite-sized pieces. Set aside.
2. Cook peas for 3-4 minutes or until just tender. Drain and rinse with cold water to stop the cooking process.
3. In a large bowl, add lemon zest, juice, olive oil, half of the Parmesan cheese, garlic, salt and pepper. Whisk until blended.
4. Add cucumbers, radishes, and peas. Mix well and let marinate for 5 minutes.
5. Add frisée, dill, and salmon. Gently toss. Top with the remaining Parmesan cheese. Serve immediately.