

## ***Pan-Seared Salmon with Zucchini Pisto***

*Recipe adapted from Dani García,  
Manzanilla, New York City*

**Yield:** 4 servings

**Prep Time:** 30 minutes

**Cook Time:** 1 hour, 10 minutes

**Total Time:** 1 hour, 40 minutes

### **INGREDIENTS**

#### **Zucchini Pisto**

3 ripe medium-size tomatoes, cored and quartered

2 tablespoons [extra-virgin olive oil](#) (preferably Spanish olive oil)

1 medium yellow onion, finely chopped

1 garlic clove, very finely chopped

1 red bell pepper--halved, seeded and chopped into ¼-inch pieces

2 medium zucchini, ends trimmed and zucchini chopped into ¼-inch pieces

1 sprig fresh rosemary

1 sprig fresh thyme

1 teaspoon kosher salt



#### **Salmon**

Four 6- to 8-ounce salmon fillets, pin bones removed

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

1 tablespoon [extra-virgin olive oil](#) (preferably Spanish olive oil)

### **DIRECTIONS**

1. Make the zucchini *pisto*: To a blender, add the tomato quarters and purée until smooth. Set aside. In a large skillet set over medium-high heat, add the 2 tablespoons olive oil and the onion. Cook, stirring often, until the onion is translucent, 2 to 3 minutes. Add the garlic and stir until fragrant, about 30 seconds. Reduce the heat to medium-low and add the red bell pepper, stirring occasionally, until it begins to soften, about 10 minutes. Stir in the zucchini and cook until it begins to soften, about 8 minutes. Add the blended tomatoes and simmer on low heat until the *pisto* looks thick and has reduced by half, about 35 minutes. Add the rosemary and thyme sprigs and simmer for 5 minutes. Turn off the heat and discard the rosemary and thyme. Season with the 1 teaspoon of salt.

2. Cook the salmon: Use paper towels to pat both sides of each salmon fillet dry. Season the fillets with the 1 teaspoon of salt and the black pepper. In a large skillet set over high heat, add the 1 tablespoon of olive oil. Once the oil begins to shimmer, add 2 of the salmon fillets, skin side down. Cook the salmon without moving the fillets until the skin is browned, about 4 minutes. Use a fish spatula to gently flip each fillet over, and cook until the center of the fillets are semi-firm, about 3 minutes more. Transfer to a plate and repeat with the remaining 2 salmon fillets. Serve with the zucchini *pisto*.