

Salmon Steak Sandwiches with Mustard Dressing

FEED ZONE TABLE

Biju Thomas and Dr. Allen Lim

Servings› 4

1 pound salmon steaks (4 pieces)
4 ciabatta rolls or 1 large baguette
2 cups bitter greens such as arugula
half of an English cucumber, cut in half lengthwise and thinly sliced
¼ cup red onion, thinly sliced
Juice from half of a lemon
½ teaspoon coarse salt

Mustard Dressing

½ cup thick Greek Yogurt
2 tablespoons coarse ground mustard
1 teaspoon olive oil
1 tablespoon capers
juice from half of a lemon
1 teaspoon red pepper flakes
salt and pepper



Brush the salmon steaks with olive oil and season generously with salt and pepper. Place steaks skin-side down in a heavy sauté pan over medium-high heat. Cook for about 5 minutes, then gently flip and cook for another 4–5 minutes. The salmon should have good golden brown color on the outside and be cooked to medium.

While the salmon is cooking, slice your ciabatta rolls or baguette and warm them under the broiler.

Combine arugula, cucumbers, and onion in a bowl. Dress with the lemon juice and salt.

To make the mustard dressing: In a small bowl, whisk the ingredients together until smooth, then add salt and pepper to taste.

Generously spread the dressing on the bread and assemble the sandwiches with the salmon steaks and arugula salad. Serve immediately.

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