

Sugar Rubbed Salmon

Ingredients

1—1 1/2 lbs Salmon Fillet, skin off
2 tbsp Canola Oil
1/4 to 1/3 cup Dijon style mustard, optional

Dry Sugar Rub:

2 tbsp Sugar	1/2 tsp Paprika
1 tbsp Chili Powder	1/2 tsp Salt
1 tsp Black Pepper	1/4 tsp Dry Mustard
1/2 tsp ground Cumin	Dash of Cinnamon

Directions

Blend all ingredients for Dry Sugar Rub. Generously coat one side of salmon with mixture.

Heat oil in large heavy pan over medium-high heat. Carefully place salmon fillets in pan, seasoned side down. Cook about 2 minutes to sear; turn fillets over. Reduce heat to medium and continue 6 to 8 minutes. Cook just until fish is opaque throughout.

Serve salmon with mustard if desired.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

