PAN SEARED SALMON WITH FENNEL AND DILL SALSA  
Ingredients  
• 1 large tomato, chopped  
• 1 cup finely chopped fennel, (about 1/2 bulb, stalks trimmed)  
• 2 tablespoons minced red onion  
• 2 tablespoons minced dill  
• 1 tablespoon red-wine vinegar  
• 1/2 teaspoon salt, divided  
• 1 pound salmon fillet, skinned (see Tip)  
• Freshly ground pepper, to taste  
• 2 tablespoons extra-virgin olive oil  
Preparation  
1. Combine tomato, fennel, onion, dill, vinegar and 1/4 teaspoon salt in a medium bowl.  
2. Cut salmon into 4 equal portions, sprinkle with the remaining 1/4 teaspoon salt and pepper. Heat oil in a large nonstick pan over high heat until shimmering but not smoking. Cook the salmon, skinned-side up, until golden brown, 3 to 5 minutes. Turn the salmon over and remove the pan from the heat. Allow the salmon to finish cooking off the heat until just cooked through, 3 to 5 minutes more. Serve immediately with the salsa.  
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