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Fennel-Crusted Salmon on White Beans

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- 5 teaspoon oil, olive, extra virgin, divided
- 1 whole fennel bulb(s), halved, cored, and thinly sliced; plus 1 tablespoon chopped fennel fronds
- 2 can(s) beans, white, 15-ounce cans, rinsed
- 2 medium tomato(es), diced
- 1/3 cup(s) wine, white
- 1 tablespoon mustard, Dijon
- 1/2 teaspoon pepper, black ground, divided
- 1 tablespoon fennel seed
- 1 pounds fish, salmon fillet, skin removed, cut into 2 portions

Recipe Tip:

Make sure to buy omega-3 rich wild-caught salmon instead of farm raised.

Preparation

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add sliced fennel; cook, stirring occasionally, until lightly browned, about 6 minutes. Stir in beans, tomatoes and wine.

Cook, stirring occasionally, until the tomatoes begin to break down, about 3 minutes. Transfer to a bowl; stir in chopped fennel fronds, mustard and 1/4 teaspoon pepper. Cover to keep warm.

Meanwhile, combine fennel seeds and the remaining 1/4 teaspoon pepper in a small bowl; sprinkle evenly on both sides of salmon.

Wipe out the pan. Add the remaining 3 teaspoons oil to the pan and heat over high heat until shimmering but not smoking. Add the salmon, skinned-side up, and cook until golden brown, 3 to 5 minutes.

Turn the salmon over, cover and remove from the heat. Let stand until the salmon finishes cooking off the heat, 3 to 5 minutes more. Transfer the salmon to a cutting board and flake with a fork. Serve salmon on top of the warm bean mixture.