

SEARED SALMON "MONTEREY"

Serves: 4 people
Prep Time: 30 min.

Ingredients

3 cups Water, salted
1 cup Vina Robles [Chardonnay](#)
1 cup Rice
1 small Red bell pepper, cut into small cubes
1 tbsp Olive oil
4 filets Fresh salmon (approx. 6 oz each)
½ tsp Salt & pepper
½ lb Snow peas, cut lengthwise into thin strips
1-2 tbsp Soy sauce
2 oz Salted sunflower seeds, toasted



Directions

1. In a medium sized pot, bring the water and ½ cup of the Vina Robles [Chardonnay](#) to a boil.
2. Add rice and the diced peppers. Cover, reduce heat, and let simmer until all the water is absorbed (approximately 20 minutes).
3. Pour yourself a glass of Vina Robles [Chardonnay](#)!
4. Heat olive oil in a large non-stick skillet. Season the salmon filets with salt and pepper and sear for approximately 2 minutes on each side. Remove fish from pan, put on a plate and cover.
5. Add snow peas to skillet, and sauté on high for about 3 to 4 minutes. Add the reserved ½ cup of Vina Robles [Chardonnay](#) and the soy sauce. Add salmon filets back to pan, on top of the snow peas, cover and cook for 3 to 4 minutes.
6. Serve salmon and peas with rice on warm plates. Garnish salmon with sunflower seeds, enjoy!

Hints

- Use Teriyaki sauce instead of soy sauce.
- Substitute salmon with your favorite fish.

Matthias Gubler's "Winemaker's Choice of the Month" for May 2010:

Vina Robles 2008 Chardonnay, Monterey

Inspired recipe creation by our **Swiss Chef, Martin Columberg**;
a simple, healthy and easy to follow fish recipe. Enjoy!