



Spinach and Garlic Scape Salsa with Salmon

If garlic scapes are not available, use a ½ cup of basil pesto and combine it with the spinach. For an alternate dish, make the salsa and toss with cooked pasta, adding a little pasta water to thin out the sauce.

Salsa

Ingredients

2 cups (500ml) baby or other spinach, rinsed and dried
½ cup (125ml) chopped **Ontario garlic scapes**
¼ cup (50ml) grated Parmesan cheese
¼ cup (50ml) olive oil
2 tbsp (25ml) butter
Salt and freshly ground black pepper

Salmon

Ingredients

2 lb (1kg) salmon fillet on the skin
1 tbsp (15ml) olive oil

Directions

Preheat oven to 450°F (230C)

Place spinach, **Ontario garlic scapes** and Parmesan cheese in food processor. Pulse until mixture is chunky. With machine running, pour in olive oil. Process until mixture is smooth. Add butter, salt and pepper.

With the knife at a 45-degree angle, slice salmon scallops off the skin. Discard the skin. Place scallops on a plate and make slices about 1 to 2 inches (2.5cm – 5cm) apart depending on the thickness of the salmon.

Heat oil in nonstick skillet. Season salmon and place flesh-side down in skillet. Fry 1 minute or until browned on 1 side only. Flip salmon onto baking sheet, browned side up. Spread with some salsa. Bake 1 – 2 minutes or until white juices just begin to appear.

Divide salmon between 4 plates. Serve any extra salsa in a dish for people to help themselves.

Recipe by Lucy Waverman (Food & Drink Magazine 2002)



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