

# Avocado Balsamic Seared Salmon

## Ingredients:

4 6 oz salmon fillets  
1 avocado  
1 Tbsp Pastamore Traditional Barrel-Aged Balsamic Vinegar  
1/2 cup cherry tomatoes  
1 clove fresh garlic, minced  
To taste salt and black pepper  
As needed cooking spray or vegetable oil

## Directions:

1. Rinse tomatoes and cut in half. Cut avocado in half and remove seed. Cut avocado into 1/2" pieces. Add minced garlic, avocado, tomatoes, and Pastamore Traditional Barrel-Aged Balsamic Vinegar to a large mixing bowl. Season to taste with salt and black pepper and gently mix.
2. Heat a large non-stick pan on the stove over medium heat. While pan is heating, season both sides of the salmon with salt and black pepper. Lightly coat the pan with cooking spray or oil. Add the salmon and cook until a minimum internal temperature of 145°F is reached turning once during the cooking process.
3. Plate salmon and top with 1/4 of balsamic avocado mixture.