

Sunday Chief Recipe: Glory Salmon & Herb-Roasted Spears

Your Sunday meal just leveled up. We're roasting wild asparagus to perfection, pan-searing tender salmon with a lemon twist, and finishing with a cucumber sauce so good you might consider bathing in it.

Pan-Seared Glory Salmon

THE MAIN EVENT: Pan-Seared Glory Salmon

Ingredients:

2 wild-caught salmon fillets (6 oz each, skin on or off)

1-2 tbsp ghee or butter (no oils)

Real salt (Himalayan or Redmond preferred)

Freshly ground black pepper

Optional: garlic powder, smoked paprika, lemon zest

1 lemon, cut into wedges

Fresh herbs (dill, parsley, or thyme - optional)

Instructions:

Prep the Fish: Pat salmon dry with paper towels. Season both sides with salt and pepper. Add garlic powder or paprika if desired.

Preheat Oven: Set oven to 400F (200C).

Sear the Salmon: Heat a cast iron skillet (or other oven-safe pan) over medium-high heat. Add ghee or butter. Once hot, place salmon skin-side down (or presentation side down if skinless). Sear without moving for 3-4 minutes to create a golden crust.

Flip and Finish in the Oven: Gently flip the salmon. Transfer skillet to the oven. Bake for 4-6 minutes, depending on thickness. Internal temp should reach 125F for medium, or 145F for well-done.

Rest and Serve: Remove from oven and squeeze lemon over the top. Let rest for 2 minutes before serving.

Garnish with fresh herbs if using.

Herb-Roasted Asparagus (Oil-Free)

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Herb-Roasted Asparagus (Oil-Free)

The cleanest green sidekick you'll ever crave.

Ingredients:

2 pounds fresh asparagus, trimmed

1 tbsp Plant Derived Minerals

1 tsp garlic powder

tsp onion powder

tsp smoked paprika

tsp dried thyme

Real salt & cracked black pepper to taste

Instructions:

Toss asparagus with spices and Plant Derived Minerals. Lay flat on parchment-lined baking sheet. Roast at 400F for 25 minutes, until tender with crisped tips.

Cucumber Dream Sauce

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Ingredients:

1 cucumber, peeled and chopped

cup organic sour cream (or coconut yogurt for dairy-free)

Juice of lemon

Real salt to taste

Optional: a splash of Plant Derived Minerals

Instructions:

Blend cucumber until smooth. Stir into sour cream with lemon juice, salt, and optional minerals. Chill before serving over salmon or as a dip for asparagus.

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Bounce Back Bonus: Red Wine Pairing

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This clean, herbaceous meal pairs beautifully with a light, clean red. Our top pick?

Organic Pinot Noir:

- Bright red berry notes
- Light body won't overpower the salmon
- Compliments lemon, herbs, and cucumber cream beautifully

Choose organic or biodynamic for no added sulfites or sugar. Also excellent: Grenache or a chilled natural Gamay.