

# THE RIDER ELITE TEAM

## COOKING LIVE RECIPE




### INGREDIENTS

- 4 each Salmon, 6 oz fillet skin off
- 2 tbs Olive oil
- 2 tbs Unsalted butter
- 1 c Heavy cream
- 1 c White wine
- 2 c Fresh baby spinach
- 1½ c Cherry tomatoes, sliced in half
- 1 each Shallot, sliced thin
- 3 each Garlic cloves, minced
- ½ tbs Thyme, dried
- ½ tbs Oregano, dried
- ¾ c Feta Cheese
- 1 each Lemon, juiced
- 1 tsp Crushed red pepper flakes
- To Taste Salt and Pepper

### SPINACH TOMATO FETA SALMON

1. Preheat oven to 425 degrees.
2. In large oven safe skillet heat olive oil over high heat. Season salmon fillet with salt and pepper. Add salmon and sear on both sides, 2 minutes each side.
3. Place skillet on medium high heat, add butter, shallot and garlic, sauté for 2 minutes. Add fresh spinach and sauté for additional 3 minutes.
4. Add white wine, oregano, thyme and cook for 3 more minutes. Add heavy cream and feta cheese stirring frequently, simmer for 5 minutes until cheese has melted and sauce has thickened.
5. Add sliced tomatoes, simmer for 2 minutes. Stir in lemon juice and crushed red pepper flakes.
6. Served hot over cooked salmon.



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# RECIPE



### INGREDIENTS

- 1 lb Parsnips, peeled
- 1 lb Carrots, peeled
- ¼ c Extra Virgin Olive Oil, plus 2 tablespoons divided
- 6 each Garlic Cloves, chopped
- 1 cup Leeks, large diced, (sand removed)
- 2 tbs Fresh Rosemary, chopped finely
- 2 tbs Honey
- 1 tsp Kosher Salt
- ¼ tsp Pepper
- 1/2 c White Wine
- 1/4 c Water

### ROASTED LEEK CARROT AND PARSNIPS

1. Cut carrot and parsnips in half horizontally, and lengthwise to make all piece's uniform in size. Important to keep vegetables uniform in size to ensure even cooking time.
2. Preheat oven to 425 degrees
3. In a large sauté pan, place 1/4 cup of olive oil, garlic, leeks, whole rosemary sprig, salt, pepper, wine and water. Cook over medium high for five minutes stirring occasionally. Remove from heat and discard rosemary. The leeks will be soft.
4. Pour cooked leeks over vegetables along with two tablespoons of olive oil and the minced rosemary and toss.
5. Pour out onto a sheet pan in a single layer, drizzle honey evenly over vegetable blend and roast for 15 minutes. Flip vegetables and roast for about 10-15 minutes more until browned and tender.

**RIDER**  
ELITE TEAM

**kw**  
KELLER WILLIAMS  
ARIZONA REALTY

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