



October 2018 Recipe

## SALMON SALAD WITH ASPARAGUS

### Overview

A lightly grilled salmon accompanied with a delicious crispy mixed salad with asparagus topped with lemon basil vinaigrette.

### Ingredients

#### Salmon:

- 225g x 4 salmon fillets
- Extra virgin olive oil (as needed)
- Himalayan salt (as needed)
- Black pepper, freshly cracked, as needed
- 1 bunch of asparagus
- 8 cups lettuce (mixed leaves)
- 100g cherry tomatoes
- 1/2 cup red onion, thinly sliced
- 1/2 cup walnuts, roughly chopped

#### Lemon Basil Vinaigrette:

- 1/4 cup lemon juice, plus zest of one lemon
- 1/2 cup olive oil
- 1 tablespoon whole grain mustard
- 1 teaspoon honey
- 2 cloves garlic, minced
- 8 basil leaves, fresh
- 1/4 teaspoon himalayan salt
- 1/8 teaspoon black pepper

### Method

#### Salmon Salad:

Lightly season both sides of the salmon fillet with salt and pepper. Drizzle a small amount of extra virgin olive oil on both sides. Once the grill is nice and hot, add the seasoned salmon fillets. Cook salmon uncovered about 4 to 5 minutes on each side. Remove the salmon from the grill and transfer to an oven dish, add extra virgin olive oil and whole cherry tomatoes. Place in the oven for 15 minutes and 180 degrees.

Once removed from the oven, transfer to a clean plate, cover to keep warm. Remove skin if still attached.

In a large bowl add salad ingredients; lettuce, tomatoes, red onion, asparagus and walnuts. Set aside.

#### Lemon Basil Vinaigrette:

Add lemon juice, zest, olive oil, mustard, honey, garlic, basil, salt, pepper & whisk. Blend until well combined and a slightly thick and opaque dressing is achieved.

