

GRILLED SALMON SALAD

with
mango & cucumber salsa

TIME:

- preparation: 5 min
- cooking: 7 min
- ready in about: 15 min

INGREDIENTS:

SERVES 1

- 1 piece of fish (wild salmon), just right for 1 person
- 1 handful of mix salad
- ½ lemon, juice
- 2 tablespoons olive oil
- salt
- 1 teaspoon nigella seeds (for taste, health and nice look)

FOR SALSA:

- ½ mango, peeled and diced
- ½ yellow pepper, diced
- ½ cucumber, peeled and diced
- ½ tablespoon garlic, chopped

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by Jo&Anna

- ½ onion, peeled and diced
- ½ chilli pepper, seeded and chopped
- a small bunch of coriander, chopped
- 10 mint leaves, chopped
- ½ lemon, juice and zest
- 1 tablespoon extra virgin olive oil
- salt to taste

METHOD:

1. Pour a little bit of olive oil & salt over the top of the salmon piece.
2. Grill the salmon for three minutes on each side over medium-high heat.
3. In the meanwhile prepare salsa.
4. Leave the fish aside for a while, when cooked.
5. Mix all salsa ingredients together.
6. Place a dollop of salsa in the centre of a plate.
7. Then arrange lettuce leaves around the salsa and grilled fish pieces on lettuce leaves.
8. Drizzle olive oil and lemon juice all over.