

Grilled Salmon

July 23, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Sometimes not knowing what to make for dinner could be a challenge. But no worries, I cleaned out my fridge and came out with a delicious recipe. You can edit my version to create your own! Easy, light and tasty meals are the way to go and with this recipe you can change it multiple ways! Let's get cooking...

Serves: 4 Total time: 45 minutes

Avocado-Mango Salsa

- 1 large mango, peeled - small dice
- 3/4 cup red bell pepper – small dice
- 1/4 cup fresh cilantro – finely chopped
- 1/3 cup red onion – small dice
- 1 large avocado – small dice

- 1 jalapeno – seeded – small dice
- 1 Tbsp fresh lime juice
- Salt and pepper, to taste

Lime Salmon

- 4 (6 oz) skinless salmon fillets
- 3 Tbsp olive oil, plus more for grill
- 2 tsp lime zest
- 3 Tbsp fresh lime juice
- Salt and freshly ground black pepper, to taste

In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice and jalapeno. Season with salt and pepper to taste. Add more lime juice if needed. If you like it spicy leave the seeds in when dicing jalapeno. If you have other hot peppers you love, add those in. if no avocado, no worries, you can leave out. You can replace mango with pineapple, apples, jicama, pearsthe options can go on and on. If you have tomatoes add those in too! Once done, leave in fridge until ready.

Now let's prep salmon! In a baking dish whisk together olive oil, lime zest, lime juice, and season with salt and pepper to taste (a fair amount of each). Place salmon in baking dish and let sit until grill is ready to go. Preheat a grill over medium-high heat once nice and hot place your salmon on an angle to create beautiful grill marks. Leave on hot surface about 4-5 minute per side. Be sure to brush a little oil to the grill to avoid sticking. You can do the same with shrimp, chicken or steak! I paired my salmon with coconut rice. Follow direction on package, swap out water for coconut milk. It's going to be delicious! Garnish with lime wedges and cilantro. This recipe is fun and will make you feel like your in a tropical island! Be sure to have fun creating your own! Enjoy!