



grilled  
*Salmon*  
with tomato caper vinaigrette

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Serves 4

## Ingredients

3 ripe Paysanne beefsteak tomatoes, cored, seeded and diced  
¼ cup (63 g) red onion, finely chopped  
2 tbsp. (30 g) capers, drained  
¼ cup (125 ml) aged sherry vinegar  
½ cup (250 ml) extra virgin olive oil  
2 tsp. (10 g) fresh thyme, finely chopped  
2 tbsp. (30 g) fresh basil, chopped  
4x8 oz. (224 g) salmon fillets, 1" thick with the skin  
Canola oil to brush salmon  
Salt and pepper to taste

## Method

1. Mix the first 7 ingredients in a medium bowl and season with salt and pepper.
2. Let the mixture sit at room temperature for 30 minutes. This is the tomato caper vinaigrette.
3. Heat the grill to medium/high.
4. Brush the fish with oil on both sides and season with salt and pepper.
5. Grill the salmon skin side down until the skin is lightly charred and crisp.
6. Turn the fillets over, reduce the heat to medium and cook until cooked through, but not falling apart.
7. Move the fish to the serving plates and spoon the tomato caper vinaigrette over each fillet. Serve immediately.

## Quick Tip

Salmon spoils quickly because the flesh is so fatty. Keep refrigerated for no longer than 3 days.

## Nutritional Facts per serving (400 g): Calories 570

Fat 37 g (57 %), Saturated Fat 6 g + Trans Fat 0 g (30 %), Cholesterol 110 mg, Sodium 340 mg (14 %), Carbohydrate 9 g (3 %), Fiber 2 g (8 %), Sugars 4 g, Protein 49 g, Vit A (10 %), Vit C (35 %), Calcium (10 %), Iron (15 %).  
% = % Daily Value