

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Tomato Onion Cucumber Salad with Grilled Salmon and Scallion Cilantro Puree

Serves 4



Ingredients

- 2 lbs heirloom tomatoes
- 1 English cucumber
- 6 green onions
- 2-3 tbsp apple cider vinegar
- ¼ cup of extra virgin olive oil
- ½ tsp of sea salt plus more to taste
- ¼ cup of fresh basil leaves
- 2 tbsp fresh thyme leaves
- 1 pinch of fresh cracked black pepper
- 4 pcs of 4-5 oz salmon filet

Instructions

1. In a large bowl whisk together the olive oil and vinegar. Season to taste with sea salt and freshly cracked black pepper.
2. Use a serrated knife to slice the tomatoes in half. Using a mandolin or a vegetable peeler, slice the cucumber lengthwise into ribbons. Chop the green onions and combine all. Set aside.
3. For the cilantro-scallion puree, in a small food processor add 1 cup of fresh cilantro, ½ cup of oil, ¼ teaspoon of lime juice, ¼ teaspoon of Worcestershire sauce, 2 garlic cloves, 2 scallions roughly chopped, pinch of cumin and puree everything together, adjust seasoning.
4. In the meantime, heat up a little oil in a frying pan, season the salmon with salt and pepper, once the pan is hot, sear the salmon skin side up first, cook on both sides.
5. Once the salmon is cooked, toss the salad together with the dressing and adjust seasoning to taste. Sprinkle with the basil leaves.
6. Place the salad in the center of the plate, place the salmon on top and drizzle with the cilantro-scallion puree and enjoy this refreshing summer salad.

Buon Appetito!!