

BOB

'S RECIPES

GRILLED SALMON WITH SAUCE VIERGE by Bob the Chef

INGREDIENTS

- 1 salmon fillet (about 600 g)
- 8 cherry tomatoes, cut in half
- 2 green onions, minced
- 30 ml (2 tbsp.) parsley, chopped
- 15 ml (1 tbsp.) capers
- 90 ml (6 tbsp.) olive oil
- Salt and pepper to taste

INSTRUCTIONS

Vierge sauce

1. Mix the tomatoes, green onions, parsley, capers and olive oil in a bowl and season with salt and pepper

Salmon

1. Season salmon with salt and pepper and grill on one side.
2. Place the fish on the hottest spot of the grill, keeping the scale side up
3. When the salmon doesn't stick to the grill anymore, don't flip it over, but rather turn it by about 45 degrees to give it that nice cross-hatch burn pattern
4. Cover the grill and continue cooking for 5 to 7 minutes
5. Once ready to serve, flip the salmon over so the scaled side is on the plate, then drizzle with the sauce



PREPARATION TIME: 10 minutes



BAKE: 12 minutes



SERVES: 2



FIND YOUR INGREDIENTS HERE:

Odessa Poissonnier,
Fruiterie 440
Cavallaro Fine Foods



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