



GRILLED SALMON TACO'S WITH PINEAPPLE SALSA

INGREDIENTS:

4 Flour tortillas or lettuce cups for the carb sensitive.
½ cup chopped fresh cilantro or flat leaf parsley (garnish)

Pineapple salsa for salmon:

1 cup diced fresh pineapple
¼ red onion, finely diced
1 jalapeño (seeds and ribs removed), minced
½ red bell pepper, diced
Juice from one lime
Salt and pepper to taste
Honey drizzle

Pineapple glaze for salmon:

⅓ cup soy sauce
¼ cup pineapple juice
2 tbsp honey
2 tsp sriracha
5 garlic cloves, minced
2,5 cm piece fresh ginger, minced

For grilled salmon:

4 (28 - 30 grams) salmon fillets
2 tbsp olive oil
2 tsp kosher salt
2 tsp cracked black pepper

INSTRUCTIONS:

1. For the pineapple salsa: Stir together fresh pineapple pieces, red onion, jalapeño, red bell pepper, lime juice, honey and salt. Taste test for seasonings and set aside.
2. In a small bowl whisk together the glaze ingredients: soy sauce, pineapple juice, honey, sriracha, garlic and ginger. Heat in small saucepan on medium heat for 2-3 minutes whisking often, until glaze has thickened slightly. Keep warm and set aside.
3. Prepare your grill by brushing your grates clean and heating to 230-280 °C. Blot salmon fillets dry with paper towels. The salmon should be very dry. Brush salmon fillets generously with olive oil and season evenly with kosher salt and black pepper. Grill the salmon skin side down over direct heat with the lid closed for 5-7 minutes or until the fish lightens in color and you can flip the salmon fillets without them sticking. Turn the salmon over, close the lid and cook for an additional 2 minutes or until fish flakes off easily.
4. Cover the salmon tightly and let it rest for 3-5 minutes before drizzling the salmon fillets with pineapple glaze evenly and garnish with the pineapple salsa and cilantro before serving.

