

# Grilled Salmon with Orange and Pepper Sauce over Micro Greens



Very healthy dish!

## **Notes:**

Novice cook: 60 minutes • Experienced cook: 35-40 minutes

## **Ingredients:**

- 1/2 pound of fresh salmon, skinned
- Juice of 1 lemon
- 1 red bell pepper
- 1 tooth of garlic, peeled
- 1 tablespoon of fresh ginger, peeled
- Juice of two freshly squeezed oranges (blood oranges are best)
- 1-2 tablespoons of honey
- Salt and pepper
- 1/2 cup of extra virgin olive oil (higher quality works best)
- Micro greens (available at your grocery store) or spinach

## **Instructions:**

1. Roast the pepper. Put the pepper directly onto your gas burner on your stove top. Keep turning until the entire fruit (yes, it's officially a fruit) is black. If you have an electric stove, roast in the oven at 350° for 25-35 minutes, until it's black. When done, wrap in plastic foil and wait until it has cooled down to peel off the skin. When taking off the skin, you will also easily be able to take the seeds out.

2. To make the sauce, put the olive oil, orange juice, ginger, garlic and roasted pepper in the blender and puree. (High speed for the hand blender.) Add the honey to taste and season with salt and pepper.

3. Lightly coat your fish with lemon, some olive oil and salt and pepper. Cook on a heated grill pan or grill approx. 3-5 minutes each side. When the fish is half cooked, turn it over. Make sure you don't cook it too long or you'll dry it out. The internal temperature of the cooked fish should be 125°F or 50°C. Do not overcook. You want this fish wet.

4. Mix the greens with some balsamic vinegar and salt and pepper to taste.

5. Heat up the sauce on the stove top in a small sauce pot on low, or microwave for a minute or so.

When you're done, plate the fish on the micro greens and drizzle the sauce on top of and around the fish.