

# Grilled Salmon & Avocado Salsa

Serves 5



## Salmon

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### Ingredients

#### Salmon:

- 100g fresh raw salmon per person
- 2Tbsp Kikkoman's low salt soy sauce
- 1 tsp honey per person

#### Plating:

- Lettuce leaves

### Method

1. Place salmon on a chopping board and rub in the soy sauce
2. Rub the honey into the salmon and marinate in the fridge for no more than twenty minutes
3. Place salmon on grill tray
4. Grill salmon in the oven for eight to ten minutes until just cooked, watching the salmon does not burn
5. If not eating salmon after cooking, cool to room temperature, refrigerate until you are ready to prepare and eat the salad.

Note: Remember to wash down the chopping board with soapy water after use.

## Salsa & Dressing

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### Ingredients

#### Salsa:

- 1 avocado diced
- 1 red onion diced
- 1 capsicum diced
- 1 tomato diced
- ½ cucumber - seeds out & diced (optional)
- 2 Tbsp mint or parsley chopped

#### Dressing:

- 3 Tbsp lime or lemon juice
- 1 tsp mild mustard

### Method

1. Place all the salsa ingredients into a bowl
2. Gently mix together the salsa & dressing ingredients, taking care not to mash avocado up too much
3. Place lettuce leaves on centre of your plate
4. Place your salmon on top and then some salsa on top of your salmon.