



Greek Salmon Salad with Lemon Basil

Dressing

Prep Time 20 minutes
Cooking Time 10 minutes
Serves 4

Ingredients

- 4 x 150-gram salmon portions skinless
- Olive Oil, as needed
- Flaky sea salt
- Black pepper
- 8 C mixed greens, suggest mix of Cos or Romaine lettuce, Kale, Baby Spinach
- 1 C fresh tomato, halved or quartered cocktail tomatoes are ideal
- 1 C cucumber, 1cm dice
- ½ C red onion thinly sliced
- ½ C red capsicum 1cm dice
- 100 grams Feta cheese, crumbled
- ¼ C lemon juice, plus the zest of 1 lemon
- ½ C Olive oil
- 1 T Dijon mustard
- 1 t honey
- 2 cloves of garlic, minced
- 8 fresh basil leaves
- ½ t dried oregano
- Salt & pepper to taste

Method

- Lightly season both sides of the salmon fillet and drizzle lightly with olive oil
- Heat the BBQ or a pan to a medium to high heat (clean and oil the BBQ)
- Once hot, grill the salmon for 4-5 minutes on each side until flaky (or to your taste)
- In a large bowl mix the salad ingredients together and set aside.
- Once cooked, remove the salmon from the grill/pan and cover to keep warm
- Add the lemon juice, olive oil, mustard, honey, garlic and basil to a blender and blend for around 30 seconds until creamy.
- To serve, mix enough dressing through the salad to coat (there will be dressing left) divide between 4 serving plates and place salmon on top, drizzle salmon with extra dressing if desired.