

Grilled Salmon Salad



Chef: Angelo Georgalli / Photographer: Sally Greer

Share and share alike. Summer is all about getting together and sharing a meal with loved ones. This Greek-style mezze platter is a perfect light meal everyone can enjoy.

SERVES:

3 - 4

INGREDIENTS:

Fish

- 2 salmon fillets, skin on
- Salt & pepper
- 1 Tbsp olive oil
- 4 tsp runny honey
- Juice of ½ lemon
- 4 fronds dill

Roast Grapes

- Bunch of grapes
- 1 Tbsp olive oil
- 1 tsp balsamic vinegar glaze
- Pinch of salt
- Pinch of pepper

Halloumi

- 4 slices halloumi, 1cm thick
- 2 pinches of coarse black pepper

Salad

- 4 handfuls of rocket leaves
- ½ lemon, juice
- 2 Tbsp extra virgin olive oil
- 1 Tbsp pomegranate molasses
- Seeds of ½ pomegranate
- Pinch of salt
- Pinch of pepper

INSTRUCTIONS:

1. Preheat the oven on grill to 200°C.
2. Take your two salmon fillets and slice them down the centre from head to tail, dividing into 4 strips.
3. Skewer your salmon fillets by folding them back on themselves as you push them through the skewer. Season with salt and pepper.
4. Place the salmon skewers (skin-side facing down) over oiled baking paper and drizzle olive oil, honey, lemon juice and dill over each skewer. Place the salmon in the oven to grill for about 10 minutes, turning halfway through the cooking process. Take out of the oven to rest while you plate up the salad.
5. Roast the grapes in an oven dish with a drizzle of olive oil, balsamic glaze, salt and pepper, for 5 minutes or until blistered.
6. In a hot pan, brown the halloumi on both sides and sprinkle with coarse black pepper.
7. In a large bowl, add fresh rocket leaves, lemon juice, extra virgin olive oil, pomegranate molasses and pomegranate seeds. Toss through and season the salad with salt and pepper.
8. Plate up the salmon skewers, halloumi, grapes and salad on a platter for everyone to help themselves.

TIP: DO NOT salt the halloumi, it is naturally preserved in brine water so no extra salt is needed!