

Grill Salmon

When I heard for the first time the term “fast food”, immediately came to my mind that is a dish that you can prepare really fast. Only later I learned the real meaning of “fast food”. Here is one of my version of fast food. It is really fast if you have handy the ingredients, I promise you that it will not take more than 15 minutes. You can substitute “Old Bay” spice with celery salt, pepper and paprika.

Ingredients:

2 filets of salmon

Old Bay spice

1 tablespoon olive oil

$\frac{1}{2}$ bag of mix greens

1 carrot shredded

3~4 leaves of romaine lettuce

$\frac{1}{2}$ cup of strawberries

2 tablespoon pine nuts

2 tablespoon extra virgin olive oil

2 tablespoon balsamic vinegar



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Method:

Turn the convection oven to 375F, if you have a timer, set it to 15 min. In the meantime, in a oven safe dish add the olive oil and place the salmon, turn it so the whole filet is cover with the oil. Sprinkle with the Old Bay spice and place in the oven for 12 minutes.

Once the salmon are in the oven, prepare the salad.

Rinse the romaine lettuce and strawberries and cut in small pieces. In a salad bowl, place all the greens, and top it of with the carrot, strawberries and pine nuts.

When the oven goes off, add the extra virgin olive oil and balsamic vinegar to the salad and mix gently. Serve with the baked salmon.



Curiosity Corner

Did you know that balsamic vinegar is not a vinegar? But a product make from a reduction of cooked grape juice.

Aged balsamic vinegar is rich, thick and has a deep brown color. The flavor is a balance between sweet and sour elements of the cooked grape juice, with a hint of wood barrel that was aged in.

***Thank you for stopping by Simple Recipes and have
a great week!***