

GRILLED SALMON HOLLANDAISE SALAD

Grilled salmon fillet atop a bed of lightly dressed greens, accompanied by seasonal produce and jammy eggs, topped with a tangy hollandaise sauce.

 1 hour 1 hour 6 portions

INGREDIENTS

- 2 teaspoons paprika
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 2 cloves garlic smashed and roughly chopped
- zest of one lemon
- 2 tablespoons fresh cilantro, chopped
- 1 pound fresh salmon fillet
- 1/4 cup olive oil, divided (for the salmon)
- 3 large eggs
- 1 avocado, seeded/peeled, sliced
- 1 large heirloom tomato, chopped
- 1/4 cup thinly sliced red onions, soaked in ice water for 15 minutes
- 3 oz crumbled bacon
- 6 cups chopped Romaine lettuce (about 1.5 heads)
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil (for vinaigrette)
- salt and freshly ground black pepper, to taste (for vinaigrette)

COOKING METHOD

- 1° Prepare a gas or charcoal grill to about 400 degrees. While the grill is preheating, make the spice mixture. In a small bowl, combine the paprika, garlic, lemon zest, salt, pepper, and cilantro.
- 2° Spread out a large piece of aluminum foil on the countertop. Drizzle 2 tablespoons olive oil on the foil, then place the salmon, skin side down, on the foil. Drizzle 2 more tablespoons of olive oil on the top of the salmon. Sprinkle with the spice mixture.
- 3° Fold the foil together, lengthwise, then fold the edges over. Fold the width-wise edges toward the center to make a pouch.
- 4° Cook the salmon in the foil packet on the grill for about 30 minutes at 400 degrees. The fish will flake when it's cooked through. If desired, cook for about 20 minutes for medium-well.
- 5° While the salmon is cooking, prepare the salad. Bring a small saucepan of water to a simmer on the stove with the eggs. Cook the eggs for about 5 minutes, then plunge into a bowl of ice and water to stop the cooking. When the eggs are cool enough to handle, peel and half the eggs.
- 6° Toss the greens with the olive oil, apple cider vinegar, salt, and pepper. Transfer the greens to a large serving bowl. Dress with avocado, tomato, red onions, eggs, and bacon.
- 7° Transfer the salmon from the foil to the salad, being careful to remove the skin and bloodline (brown/gray flesh) from the bottom of the salmon.
- 8° Drizzle the salad with the hollandaise sauce, reserving some for passing.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (246 g)	% DRI
ENERGY	180 kcal	442 kcal	22 %
FAT	15 g	37 g	57 %
FATTY ACIDS, TOTAL SATURATED	3 g	8 g	42 %
CHOLESTEROL	59 mg	145 mg	48 %
SODIUM	437 mg	1076 mg	45 %
CARBOHYDRATE	3 g	7 g	2 %
SUGARS	1 g	2 g	—
FIBER	1 g	4 g	14 %
PROTEIN	9 g	22 g	—