

Grilled Salmon Spring Salad

Makes 2 Servings



Kansas City

INGREDIENTS

FOR THE SALMON

- 2 4-ounce salmon filets, skin on
- Olive oil, as needed
- Salt and pepper, as needed

FOR THE SALAD

- 8 cups spring mix lettuce greens
- ½ cup asparagus, bottom peeled, diced
- 1 cup fresh snap peas, diced
- ¼ cup carrot, peeled and shredded
- 2 tablespoons radish, shaved
- ½ cup peeled golden beets, small diced
- Salt and fresh cracked black pepper, to taste

FOR THE AVOCADO VINAIGRETTE

- ½ avocado, peeled and deseeded
- Pinch thyme leaves
- 1 tablespoon green scallions, tops
- 2 tablespoons extra virgin olive oil
- 1 -3 tablespoons white vinegar
- ½ lemon, fresh squeezed juice
- 1 teaspoon Dijon mustard
- Water, if needed
- Salt and fresh cracked black pepper, to taste
- Pinch of lemon balm, verbena or mint leaves (optional)

GARNISH

- Fresh grated lemon zest
- Chive, minced

METHOD OF PREPARATION

1. Preheat outdoor charcoal or gas grill.
2. Season salmon lightly with oil and seasonings.
3. Once the grill is preheated, grill salmon, skin side-down until completely cooked. Reserve warm on the side.
4. In a large mixing bowl, add all vegetables from the salad mix.
5. For vinaigrette, add avocado, scallion, herbs, lemon juice, and vinegar in a blender and puree on high.
6. Slowly drizzle in oil. Add water if too thick. Should be the consistency of pourable ranch dressing for example. If you make a mistake and make too thin, add more avocado. Then, season with salt and pepper.
7. Toss greens lightly with vinaigrette and season to taste.
8. Place in bowls.
9. Top with grilled cooked salmon.
10. Garnish and enjoy!
11. **Enjoy!**



CHEF NOTES

Everything tastes better fresh. Buy vegetables from a local farmers market or your favorite grocery store that has a good supply of fresh seasonal produce. Do not use lemon juice concentrate for this salad. Only fresh squeezed.

Bon Appétit!

— Chef Kyle Williams

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