



GRECIAN TOMATO SALMON

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Prep time: 30 Minutes

Cook time: 10 Minutes

Servings: 4 People

INGREDIENTS:

2 cups TOMZ Mixed Grape Tomatoes

4 salmon filets with skin

¼ cup white wine vinegar

7 tbsp. extra virgin olive oil

1 red onion small, sliced

1 tbsp. fresh oregano, chopped

1/2 cup Kalamata olives, pitted and halved

2 cloves garlic, diced

2 tbsp. parsley, finely chopped

¼ cup vegetable broth

Salt & Pepper to taste

CHEF'S TIP:

Be aware that the vegetable broth and Kalamata olives already have salt added, to reduce salt intake you can omit adding any extra salt.

DIRECTIONS:

To marinate the salmon, whisk together vinegar, 3 tbsp. olive oil, ½ an onion and oregano.

Salt and pepper the salmon, then place it in the marinade flesh side down; cover with plastic wrap and refrigerate for at least 30 minutes.

Preheat grill to medium-high heat. Brush the grill's grates with oil and grill the salmon 5-6 minutes per side.

In a bowl, mix tomatoes, ½ onion, Kalamata olives, 2 tbsp. olive oil, salt and pepper.

While the salmon is cooking, heat 2 tbsp. olive oil on medium heat in a large sauté pan. Add garlic and cook until it is translucent. Add tomato mixture and cook for 2-3 minutes until softened. Once soft, add vegetable broth to the pan. Cook for 3-4 minutes, stirring frequently. Add 1 tbsp. parsley; cook for 1-2 minutes. Remove from heat & set aside.

Ladle the tomato mixture on top of salmon. Garnish with remaining chopped parsley