

Grecian TOMATO SALMON

Craving a savoury seafood dish with local flavours? Look no further than this homemade creation straight from our kitchen! Dig in!



DIRECTIONS:

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



Prep time: 30 Minutes
Cook time: 20 Minutes
Serves: 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.

Nutrition Facts	
Serving Size (310g)	
Servings Per Container	
Amount Per Serving	
Calories 480	Calories from Fat 340
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 590mg	25%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 24g	
Vitamin A 35%	Vitamin C 35%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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