



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CILANTRO SALMON

Time: 20 minutes

Serves: 4

Ingredients:

½ cup finely chopped cilantro
3 tablespoon extra-virgin olive oil
2 teaspoons ground coriander
2 teaspoon ground cumin
1 teaspoon ground turmeric
1 teaspoon kosher salt
½ teaspoon red pepper flakes
4 salmon steaks
4 lemon wedges

Preparation:

Preheat your barbecue grill on high.

In a small bowl, mix the cilantro, olive oil, coriander, cumin, turmeric, salt and pepper flakes.

Using half of the cilantro mixture, coat one side of the salmon steaks.

Place the steaks on the grill coated side down and spread the balance of the cilantro mixture on the bare side. Grill for three minutes with the lid closed, turn the steaks over and grill for three more minutes.

Remove the salmon from the grill and tent with foil. Let it rest for three minutes before plating each piece with a lemon wedge.

Nutritional Information Per Serving:

Calories: 329
Fat: 25g
Carbs: 1g
Fibre: 1g
Protein: 26g