

HOOKED ON FISH

Fresh. Simple. Sustainable.

Honey Mustard Grilled Salmon with Avocado Basil Sauce Half Baked Harvest

1 (2 pounds) wild caught salmon (skin on)
2 tablespoons + ¼ cup extra virgin olive oil
2 teaspoons smoked paprika
2 teaspoons cumin
4 cloves garlic, minced or grated
zest and juice of 1 lemon
1 pinch crushed red pepper flakes
kosher salt and black pepper
¼ cup Dijon mustard
¼ cup honey
¼ teaspoon cayenne pepper

Avocado Basil Sauce

1 avocado, halved
½ cup fresh basil, plus more for serving
1 jalapeño, halved and seeded
Juice from 1 lime

Basil Tomatoes

2 cups cherry tomatoes
¼ cup fresh basil, chopped
3 tablespoons extra virgin olive oil

Place the salmon in a 9x13 inch baking dish. Add the paprika, cumin, garlic, lemon zest, crushed red pepper flakes, and a pinch each of salt and pepper. Drizzle with 2 tablespoons olive oil, rubbing the seasonings and oil evenly into flesh.

In a glass jar or bowl, combine the remaining ¼ cup olive oil, lemon juice, mustard, honey, cayenne, and a pinch of salt. Shake or whisk until smooth and creamy.

To make the avocado sauce. Combine all ingredients in a blender and blend until smooth and creamy, adding water - 1 tablespoon at a time as needed to thin the sauce.

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<https://www.hookedonfishchicago.com/recipes>

Heat your grill, grill pan or skillet to medium high heat. Place salmon on grill, skin side down. Cover and cook until skin is lightly charred, 4-5 minutes, carefully flip and grill another 3-4 minutes until opaque. Remove the salmon from the grill and drizzle with the honey mustard.

Toss together the tomatoes, basil, olive oil, and a pinch of salt.

To serve, spoon the tomatoes over the salmon and serve the avocado sauce alongside.
Serves 6