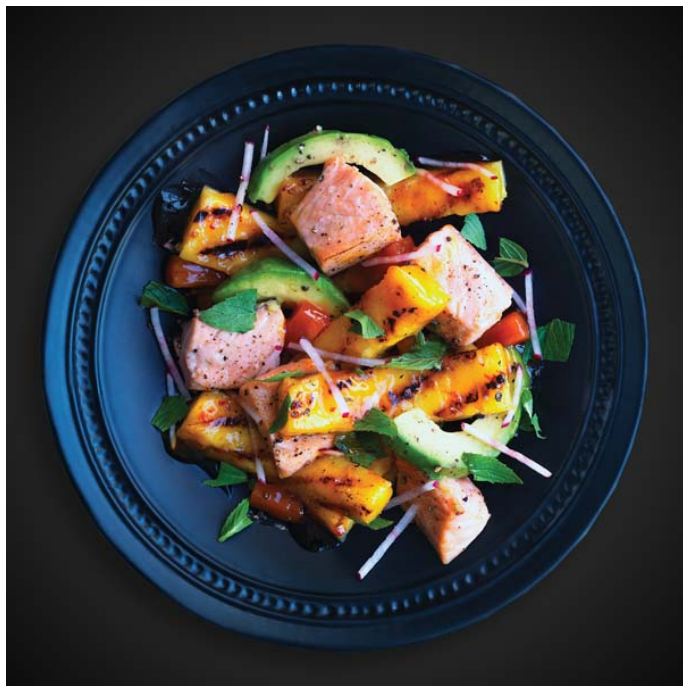


Grilled Salmon & Pineapple Salad



PREP TIME : 10 MIN

COOK TIME : 20 MIN

SERVES : 4

Ingredients :

- ***1 lb (500 g) boneless skinless salmon filet, cut into 8 pieces***
- ***1 pineapple, peeled, cored and sliced into batons***
- ***½ cup (125 mL) VH® Pineapple Cooking Sauce***
- ***1 tsp (5 mL) lime juice***
- ***¼ cup (50 mL) olive oil***
- ***1 ripe avocado, peeled and cored***
- ***½ cup (125 mL) julienned red radishes***
- ***fresh mint***

Directions :

- 1. Preheat a grill to medium-high heat. Season salmon with salt and pepper; place on a piece of aluminum foil. Transfer salmon to grill. Cook until opaque throughout, 7 to 10 minutes. Remove from grill; keep warm.***
- 2. Season pineapple with salt Grill for 3 minutes. Flip pineapple and cook for another 3 minutes.***
- 3. In a large bowl whisk together VH® Pineapple Cooking Sauce, olive oil and lime juice Add cooked pineapple; toss until well coated.***
- 4. Slice avocado; add to bowl along with radish, tossing gently.***
- 5. Plate salmon and pineapple salad. Garnish with torn mint and pepper.***



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Tip:

For added flavour try sprinkling ½ cup (125 mL) unsweetened coconut, toasted over the entire dish.