

Salmon with Spicy Cucumber-Pineapple Salsa



Makes:

4 servings

Utensil:

12" Chef's Gourmet Skillet

large mixing bowl

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Contributed By:

Chef Sergio Corbia

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Recipe Description:

Are you looking for a new recipe to add to your list of favorites? You won't go wrong with this tasty salmon recipe by Chef Sergio. Plus the sweet, yet spicy, salsa can be combined in other recipes.

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4

salmon fillets, approximately 3 ounces (85 g) each, skin-on
salt and pepper to taster

Salsa

2

tablespoons

fresh lime juice (from 1 lime)

(30

mL)

1

tablespoon

honey
(21
g)
1
tablespoon
oil
(15
mL)
2
cucumbers, finely diced
2
scallions, thinly sliced
1
cup
fresh pineapple, finely diced
(165
g)
1
jalapeño chili, ribs and seeds removed, and minced
¼
cup
fresh basil leaves, chopped
(10
g)
1
pinch
salt
1
pinch
black pepper

Directions:

1. To prepare the salsa, whisk together lime juice, honey and oil in a bowl. Add remaining ingredients and toss gently to combine. Set aside.
2. Generously season salmon on both sides with salt and pepper.
3. Heat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add salmon, skin-side down. Lower heat to medium-low. Cover with 12" Electric Skillet cover and cook until skin is crispy and salmon is opaque about ¾ of the way through, approximately 4 - 6 minutes. Turn salmon over, recover and continue to cook until opaque throughout, approximately 2 - 4 minutes.
4. Serve salmon topped with salsa.

Nutritional Information per Serving

Calories:

289

Total Fat:

14g

Saturated Fat:

3g

Cholesterol:

54mg

Sodium:

131mg

Total Carbs:

20g

Dietary Fiber:

3g

Sugar:

16g

Protein:

21g