

Salmon with Spicy Cucumber-Pineapple Salsa



Makes:

4 servings

Utensil:

12" Chef's Gourmet Skillet
large mixing bowl

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Recipe:

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.

Watch the [recipe video](#) and share your comments below.

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 |
| | | | | 1 |
| 1 | tablespoon | honey | (21 g) | 1 |
| 2 | tablespoon | oil | (15 mL) | 2 |
| 2 | cucumbers, finely | | | |
| 1 | diced | scallions, thinly | | 1 |
| | | sliced | | 1 |
| 1 | cup | fresh pineapple, finely | (165 g) | 1/4 |
| | | diced | | 1 |
| 1 | jalapeño chili, ribs and seeds removed, and minced | | | 1 |
| 1 | cup | fresh basil leaves, chopped | (10 g) | pinch salt |
| | | | | 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 3/4 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 20g
Carbs:
Dietary Fiber: 3g
Sugar: 16g
Protein: 21g
