

Grilled Salmon Panzanella Salad



Ingredients

4 salmon fillets, skin on	1 punnet cherry tomatoes, halved
75g pine nuts	1 small cucumber, diced into large chunks
1 small ciabatta loaf, cut into 1.5cm cubes	1/2 small red onion, finely sliced
120g bag fresh rocket	
1/2 cup grated parmesan cheese	
1 clove garlic	
150ml olive oil	

Directions

Step 1 – Remove the salmon fillets from the fridge, pat dry, season with salt and pepper and allow to come to room temperature.

Step 2 - Prepare the BBQ for indirect cooking over medium heat (180 – 200°C). Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Preheat a BBQ safe frying pan and once hot, roast the pine nuts, stirring regularly until toasted and golden. Set aside. Spray the bread cubes liberally with olive oil, place in the frying pan and with the BBQ lid closed, toast the bread, tossing regularly, until golden and crunchy. Set aside.

Step 4 – Prepare the rocket pesto by adding the pine nuts, two thirds of the rocket, the parmesan cheese, garlic and olive oil to a blender. Process to a smooth paste. Set aside.

Step 5 – Reheat the frying pan and once hot, add the salmon fillets skin side down and cook until the skin is golden and crisp. Turn the salmon and cook for a further 5 - 6 minutes on all sides or until cooked through.

Step 6 – Prepare the salad by tossing together the remaining rocket, tomato, cucumber, red onion and bread cubes. Place the salmon on top, spoon over the rocket pesto and serve with the remaining pesto on the side.

