

BBQ Salmon Cajun Chopped Salad



Ingredients

3 salmon fillets, skin off	1 tbsp Dijon mustard
2 tbsp Cajun spice mix	1/4 cup extra virgin olive oil
2 tsp honey	1/2 cup sour cream
3 tbsp butter, melted	3 tbsp apple cider vinegar
2 tbsp olive oil	2 tsp honey
2 whole cobs fresh corn, husk and silk removed	3/4 tsp salt
1 cos lettuce, washed and coarsely chopped	Freshly ground black pepper
1 punnet cherry tomatoes, halved	
1 avocado, coarsely chopped	
400g can black beans, rinsed and drained	

Directions

Step 1 – Place the salmon fillets onto a tray, mix together the Cajun spice mix, honey, melted butter and olive oil and pour over the salmon. Coat the salmon well with the mixture and set aside.

Step 2 – Prepare the BBQ for direct cooking over medium heat (180°C) with grills and a hotplate or stainless steel grill pan in place. Place the corn cobs onto the grill and close the BBQ lid. Allow the corn to roast, turning regularly, until the kernels char and soften. Meanwhile place the salmon fillets onto the hotplate or grill pan and roast with the BBQ lid closed until cooked to your liking.

Step 3 – Prepare the dressing by mixing the Dijon mustard, olive oil, sour cream, apple cider vinegar, honey, salt and pepper.

Step 4 – Cut the corn kernels from the cobs then assemble the salad on a platter, layering the lettuce, cherry tomatoes, avocado, black beans and corn, top with the salmon and spoon over the dressing.

