



Salmon with Basil Sauce & Tomato Salad

Makes: 2-3 servings

Prep Time: 20 minutes Cook Time: 12 minutes

Total Time: 32 minutes

Ingredients

Spice-Rubbed Salmon:

- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp coarse kosher salt
- 1 tsp granulated sugar
- 1 tbsp olive oil
- 1 pound salmon filet, cut into 2-3 pieces

Basil Sauce:

- 1/2 cup packed fresh basil
- 1 small bunch of fresh chives
- 1 tsp dried oregano, optional
- 1 clove garlic
- 1/2 cup mayo (more as needed to keep it creamy)
- 1/4 cup grated Parmesan cheese
- 1-2 tbsp lemon juice
- small pinch of salt, to taste

Tomato Salad:

- 1 & 1/2 cup halved cherry tomatoes
- 2 ear sweet corn, cut off the cob
- 1-2 cups fresh spinach or spring greens
- 1 tbsp olive oil
- 2 tbsp minced chives or parsley
- Salt, pepper, and garlic powder to taste
- 2 cups cooked rice or grains for serving (I use precooked to make it easy)

Instructions

Prep the tomato salad by combining all the salad ingredients and tossing. Set aside.

Make the basil sauce by blending the basil sauce ingredients in a food processor or blender until almost completely smooth, with just a few flecks of basil remaining.

Preheat the oven to 425°F. Mix the spices in a small bowl and stir in the olive oil. Coat the salmon with the spice paste.

Bake the salmon on a parchment-lined baking sheet for 9-12 minutes, or until 135°F in the thickest part. (It's all personal preference, but this is the doneness that we like best – it's a medium-well done salmon.)

Plate the salmon over the rice, serve with salad, and spoon the sauce over the top. Season with salt and pepper. Enjoy!

Recipe by Pinch of Yum