

# SALMON WITH TROPICAL SALAD



Serves 2



7 minutes



1 Mibrasa casserole dish

## INGREDIENTS

1/2 mangoes  
1/4 pineapple  
1 cup of cooked haricot/  
black-eyed beans  
2 tbsp. fresh chopped coriander  
1 tsp. of Jamaican pepper  
1 tsp. ground cumin  
1/4 tsp. cayenne pepper  
1/2 tsp. ground cinnamon  
2 salmon fillets with skin (140g)  
1 tsp. olive oil

## METHOD

- Peel the pineapple, remove the centre and cut into 1/2 cm cubes. Drizzle a little olive oil in a Mibrasa casserole dish and fry the pineapple cubes in the oven for 2 minutes.
- Peel the mango and cut into cubes of a similar size to the pineapple. Mix the mango, pineapple, beans, coriander and a pinch of salt in a bowl. In a separate bowl add pepper, cumin, cayenne and cinnamon and then use the mixture to rub both sides of the salmon fillets.
- Place the salmon directly on the Mibrasa grill skin-side down, and cook for 5 minutes (depending on the thickness of the piece). Take the salmon out from the Mibrasa using the tongs or a spatula to avoid splitting the fillet. If the oven is very hot, cook on the top grill.
- Plate the salmon fillet on a bed of fruit salad.

