
Tropical Roasted Salmon with Ginger, Pineapple and Sesame Seeds

Cooking class, Phillis Carey, Oct. 2019



Servings: 6

1. Preheat oven to 350°F.
2. Line a large rimmed baking sheet with aluminum foil and spray with nonstick spray. Arrange pineapple slices by twos on the foil. Season both sides of salmon with salt and pepper, and place a fillet on each set of pineapple slices.
3. In a small bowl whisk together butter, chili sauce, cilantro, garlic, ginger, sesame oil and red pepper flakes. Brush all over salmon fillets.
4. Roast until salmon is cooked through, about 20-25 minutes, depending on thickness. Switch oven to broil and broil for 2 minutes, or until fish is slightly golden. Garnish with sesame seeds, green onions, and serve with lime wedges to squeeze on top. Serve with coconut milk rice and asparagus, if it suits your menu.

6 pieces pineapple slices, fresh or canned, drained
36 ounces salmon fillets, skinless (can also use swordfish)

kosher salt and freshly ground black pepper

3 tablespoons unsalted butter, melted

3 tablespoons Thai sweet chili sauce

2 tablespoons cilantro, minced

3 cloves garlic, minced

2 teaspoons fresh ginger, minced or smashed

2 teaspoons toasted sesame oil

1/2 teaspoon red pepper flakes

toasted sesame seeds for garnish

thinly sliced green onions, for garnish

lime wedges, for serving, or drizzle with fresh

lime juice just before serving

Per Serving (excluding unknown items): 321 Calories; 14g

Fat (38.3% calories from fat); 35g Protein; 15g

Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol;

118mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean

Meat; 0 Vegetable; 1 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com