

Roasted Atlantic salmon with shrimp sauce vierge, avocado and fresh mango

Recette pour 4 personnes



Description

Salmon steak seared and roasted in the oven served on a salsa of diced avocado and mango and garnished with an olive oil, Italian parsley, cherry tomatoes and shrimp sauce vierge.

L'idée déco

Using a nonstick pan to cook your salmon skin side down will help you to prevent sticking.

Ingrédients

For the avocado and mango salsa

- 2 Unit(s) Avocado
- 2 Unit(s) Fresh mango
- 15 Ml Lemon juice

- Olive oil
- Salt and pepper

For the shrimp sauce vierge

- 0.25 Unit(s) Red onion
- 1 Box(es) Cherry tomatoes
- 12 Sprig(s) Parsley
- 15 Ml Lemon juice
- 8 Unit(s) Medium shrimps cooked

- Olive oil
- Salt and pepper

For the salmon

- 4 Unit(s) Salmon steak
- 4 Handful(s) Arugula salad

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Cut the shrimp into small cubes. Cut the cherry tomatoes into cubes. Dice the mango and avocado. Finely chop the red onion. Chop the parsley.

Avocado and mango preparation

In a bowl, combine the diced mango and avocado and drizzled with olive oil and lemon juice. Season with salt and pepper.

Shrimp sauce vierge preparation

Mix the shrimp, parsley, red onion, cherry tomatoes and lemon juice in a bowl and mix. Add a dash of olive oil and season with salt and pepper.

Roasted salmon preparation

In nonstick skillet, drizzle some olive oil and sear the salmon on the skin side. Season with salt and pepper and cook for 2 to 3 minutes. Once the salmon pieces are browned, transfer to a baking sheet and cook for 4-6 minutes.

To serve

On each plate serve a portion of mango salsa and avocado using a ring mold. Place a piece of salmon on top and garnish with the sauce vierge. Serve with a few leaves of arugula.

Bon appétit!