



## Mango Chili Salmon Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 lb skin on salmon fillet
- 6 tablespoons O&V [Mango Chili Sauce](#) \*
- 2 tablespoons O&V [Mango Madness Pepper Jelly](#) \* (optional for additional spice)
- 2 tablespoons minced garlic
- Sprinkle of O&V [Smoked Paprika](#) \*
- 3 tablespoons O&V [Unflavored EVOO](#) \*
- ½ teaspoon kosher salt (divided)
- 2 cups sugar snap peas
- 5-7 oz baby arugula or arugula microgreens
- 2-3 radishes thinly sliced
- 2 avocados, thinly sliced
- 1 large shallot, thinly sliced (about ½ cup)
- Zest of one lime
- 2 tablespoons lime juice (from one lime)
- 1 cup loosely packed basil or cilantro
- ¼ cup roasted pine nuts or toasted sesame seeds
- Fresh cracked pepper to taste

## Preparation

Set the oven to High Broil, and move the rack up to about 6-7 inches from the heating element. Prepare a foil lined baking tray and place the salmon, skin side down on the foil.

Stir together 2 tablespoons of Mango chili sauce, 1 tablespoon of oil and minced garlic and all the pepper jelly (if using). Spread evenly on the salmon and sprinkle with  $\frac{1}{4}$  teaspoon of salt. Broil in the oven for 8-10 minutes until the internal temperature at the thickest part of the salmon reaches 125-130F. Remove from the oven and allow to cool.

While the salmon is broiling, place the sliced shallots in a small bowl with 1 tablespoon of lime juice and  $\frac{1}{8}$  teaspoon of salt. Stir and let sit for a minimum of 10 minutes. Drain.

Blanch the sugar snap peas by cooking them for 1 minute in boiling water, draining, and plunging in ice cold water for a few minutes. Drain and pat dry.

Make the dressing by combining the remaining 4 tablespoons of Mango chili sauce with 2 tablespoons of oil and 1 tablespoon of lime juice in a small bowl. Taste and adjust salt and pepper to taste.

Break the cooled salmon into chunks

Place the arugula in a bowl, toss with half the dressing and transfer to a plate. Top with the salmon chunks, drained shallots, sugar snap peas, radishes, sliced avocado. Garnish with the basil/cilantro and the toasted pine nuts or sesame seeds and drizzle with the remaining dressing or serve it on the side.

Serves 4

Active time 30 minutes Total Time: 30 minutes

## Notes

\* The [Mango Chili Sauce](#) is the primary flavor with its balance between sweet and spicy. There is no exact substitute, but you can try a Thai Sweet Chili sauce with  $\frac{1}{4}$  cup of puréed mango mixed in as a possible alternative. I love the additional spice of a pepper jelly and often use the **Mango Madness** or the **Thai Mandarin pepper jellies**. You can substitute with another high quality similar flavored pepper jelly. The [Smoked Paprika](#) adds wonderful color and depth of flavor. As always, I encourage you to gain the health benefits of using a high quality [Unflavored EVOO](#)

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Seafood, Soups & Salads, Easy Dinner, Summer Lunch, Arugula Salad, Mango Chili Sauce, Unflavored EVOO, Avocado, Mango Madness Pepper Jelly, Thai Mandarin Pepper Jelly, Smoked Paprika