

Alaska Salmon Layered Lunch



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

2 (4 to 5 oz each) wild Alaska salmon fillets

2 Tbsp olive or vegetable oil, for greasing

Juice of ½ lemon

Chopped fresh cilantro or parsley, for garnish

Salsa:

3 tomatoes, finely chopped

½ cup English cucumber, finely chopped

½ small red onion, finely chopped

2 tablespoons chopped fresh cilantro

Salt, as needed

Guacamole:

2 small ripe avocados, halved, pitted and peeled

1 tomato, seeded and chopped

Squeeze of lemon juice

Freshly ground black pepper

Tortilla chips or crusty bread, for accompaniment

Description:

Wrap the salmon fillets in lightly oiled foil sheets; tightly seal. Place packets in a saucepan filled with about 1-inch of water and bring to a gentle boil. Turn off the heat, cover tightly and cool 10-15 minutes. The salmon will continue to cook as it cools. Drain and flake the salmon.

Prepare salsa: Gently mix together the three tomatoes, cucumber, red onion and chopped fresh cilantro. Season lightly with salt.

Prepare guacamole: Mash avocados, then mix in the tomato. Season with freshly ground black pepper and a squeeze of lemon juice.

Layer the mixtures onto two glass serving glasses or into sturdy meal containers, starting with the salsa, then guacamole, and finally the salmon. Sprinkle with lemon juice, season with pepper and scatter the chopped cilantro or parsley on top. Serve with tortilla chips or crusty bread.

Cook's Tip: Cook the salmon the night before, so it's ready to make the packed lunches – or use drained, flaked canned Alaska salmon instead.