

Baharat Alaska Salmon Salad



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

Alaska Salmon Baharat, Roasted Aubergine and Cherry Tomatoes with Pomegranate Salad and Tahini Dressing

2 tbsp Baharat spice mix
½ tsp ground cinnamon
1 tbsp runny honey
4 fillets of Alaska salmon, sockeye or keta
2 shallots, thinly sliced
1 tbsp plain flour
9 tbsp olive oil
2 eggplants
1 cup baby plum tomatoes
2 cloves garlic, chopped
1 tsp dried, crushed chilli flakes
1 lemon, juice and zest
Sea salt flakes
Freshly ground black pepper
A handful of fresh mint leaves, finely chopped
A handful of flat parsley, finely chopped
1 pomegranate, seeded
Toasted pine nuts to decorate

Tahini Dressing

3 tbsp tahini
1 tbsp olive oil
2 - 4 tbsp cold water
1 lemon, zest and juice
2 small garlic cloves, finely chopped
Drizzle of honey to taste
Sea salt flakes
Freshly ground black pepper

Description:

Preheat the oven 400°F.

In a small bowl mix the Baharat, cinnamon and honey together. Place the salmon fillets on a baking tray and brush with the Baharat mixture.

To make the Tahini dressing; using a balloon whisk and whisking all the time, mix all the ingredients for the tahini dressing in a mixing bowl to the desired consistency, adding a little more water if necessary. Season to taste.

Toss the thinly sliced shallots in the flour. Heat 3 tablespoons of olive oil in a large frying pan over a medium-high heat and cook the shallots until golden and crisp – approx. 5 minutes. Remove with a slotted spoon and drain on kitchen paper. You may have to do this in batches as the shallots burn easily and colour quickly.

Cut the eggplants into thin slices lengthways. Brush each slice with some olive oil and grill in a hot frying pan for 2 - 3 minutes on each side until tender and charred. Add the tomatoes and char until just going soft. Remove from the frying pan and place in a serving dish.

Add the garlic to the pan along with the chilli flakes. Heat for just a few seconds then add the lemon juice and swirl through the pan. Drizzle this over the eggplants and tomatoes and season well.

Mix together the mint, parsley and lemon zest and scatter over the salad with the pomegranate seeds and some of the tahini dressing.

Place the salmon fillets in the preheated oven and roast for about 6 minutes or until cooked.

To serve, place the salmon fillets on the salad, drizzle with a little more tahini dressing and top with the crispy shallots and some toasted pine nuts.

Recipe credit: Rachel Green

Photo credit: Steve Lee