



DANCING BULL

BBQ Lemon Pepper Salmon with Parsley, Lime & Caper Dressing

INGREDIENTS

4x7 oz. Salmon Filets, skin removed
2 tablespoons Lemon Pepper Spice Blend
Extra Virgin Olive Oil
Sea salt

For the dressing:

1 red pepper, roasted, peeled, seeded, and finely diced
1/2 red onion, finely diced
1 teaspoon salted baby capers, well rinsed and drained
2 1/2 oz. Flat leaf parsley, finely shredded
Juice of 2 limes
Sea salt
Freshly ground pepper
2 fl. oz. extra virgin olive oil

INSTRUCTIONS

Method:

Preheat the barbecue to hot. Make sure the grill bars are clean. To make the dressing, mix all ingredients together in a small bowl.

Brush the salmon filets with extra virgin olive oil and season with lemon pepper spice blend. Put the filets presentation side down on the grill and cook for 2 minutes; turn over and cook for another 2 minutes. Remove the fish from the barbecue and rest for 1-2 minutes in a warm place; this will give you medium-rare salmon.

To serve:

Place one salmon filet on each of four large plates. Top with a generous tablespoon of dressing and serve immediately. Serve with some freshly steamed potatoes, a crisp green salad and Dancing Bull Chardonnay.