

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Zesty BBQ Salmon Taco's

ready in under 25 minutes!

Ingredients – serves 4 people

4 x 120gm Salmon fillets skinless & boneless (cut in to 1cm strips)

2 lg x Limes' (juiced and zested)

1tspn x Smoked Paprika (hot or sweet depending on preference)

Sea Salt – a good pinch

20 x Cherry or Baby Plum Tomatoes (roughly diced)

1 x Red Onion (finely diced)

1 x Dutch Green Chili Pepper (de-seeded, finely sliced)

1 x Avocado (skinned and cubed 1cm)

4 tbsps. x Olive Oil

Fresh Coriander (small handful roughly chopped)

Low Fat Yoghurt (small tub)

12 x Small Corn Tortilla's

Tabasco Sauce - optional



Method

Cut salmon fillets in half across the width and then into 1cm strips. Place the strips into a glass dish, season with salt, paprika and juice of 1 lime.

Mix-together then leave to the side.

Roughly chop tomatoes and place in a bowl

Cut avocado in half, remove the stone. Cut each half in half then remove the skin. Dice in to 1cm pieces and add to the tomato

Cut onion in half then dice finely. Add to the tomato

Cut chili in half, remove the seeds then slice across the width finely – add to the tomato.

Add remaining lime juice and zest and season with salt then add olive oil and stir to combine (optional tabasco can be added)

Cook salmon slices over hot coals (or pre-heated gas grill) for 1 minute per side (or until just cooked through)

Fill the warm tortillas' with pieces of salmon, tomato salsa and a spoon of yoghurt.