

Pineapple & chilli salsa with crisp-skin salmon



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Preparation 20 mins | Cooking 6 mins | Serves 4

- 1/3 small pineapple, trimmed and peeled
- 1/4 cup mint leaves, finely chopped
- 1/3 cup coriander leaves, finely chopped
- 1 green onion (shallot), trimmed and chopped
- 1 small red bird's eye chilli, deseeded and finely chopped
- 2 tbs lime juice
- 4 x 175g Atlantic salmon fillets (skin on), bones removed
- Olive oil spray
- mixed salad leaves and steamed new potatoes, to serve

STEP 1 To make salsa, cut pineapple into 1cm pieces (you'll need about 1 cup of pineapple) and place into a medium bowl. Add mint, coriander, green onion, chilli and lime juice. Stir to combine and season with salt and pepper. Set aside.

STEP 2 Heat a large non-stick frying pan over medium heat. Spray salmon with oil and season with sea salt and pepper. Place skin-side down in pan and cook for 2-3 minutes until skin is crisp. Turn and cook for 2-3 minutes until almost cooked through (or cook to your liking). Transfer to a plate, cover and stand for 2 minutes. Serve salmon with salsa, mixed salad leaves and steamed new potatoes.

Good for you... **PINEAPPLE**

A good source of manganese, a mineral that contributes to the normal formation of bone and connective tissue
A good source of vitamin C, which contributes to the normal functioning of the body's immune system.
Provides dietary fibre, which helps the intestine function normally.

