

Grilled Salmon and Pineapple with Avocado Dressing



This salmon dish is a nice, light and fruity option for the barbecue. A great main for a summer-time meal.

INGREDIENTS

2 tbsp extra-virgin olive oil
1 ½ tsp chopped fresh basil, plus some sprigs for garnish
1 ½ tsp chopped fresh chives
1 tsp chopped fresh tarragon, plus some sprigs for garnish
½ tsp kosher salt
½ tsp freshly ground black pepper
4 skinless salmon fillets, each piece 4 oz and 1-inch thick
4 pineapple slices (1/2-inch-thick), preferably fresh
Avocado Dressing, recipe follows

Avocado Dressing

¼ cup fresh lemon juice (from 1 large lemon)
2 tbsp chopped fresh basil
1 tbsp finely chopped fresh chives
1 tbsp extra-virgin olive oil
1 ½ tsp finely chopped fresh tarragon
⅛ tsp anchovy paste, optional
⅛ tsp kosher salt
⅛ tsp freshly ground black pepper

1 clove garlic, smashed
½ avocado, diced

DIRECTIONS

Step 1

Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

Step 2

Whisk the oil, chopped basil, chives, chopped tarragon, salt and pepper in a small bowl to blend. Brush the salmon and pineapple slices with the herb mixture.

Step 3

Cook the salmon until barely cooked through and still pink inside, about 4 minutes per side. Cook the pineapple until slightly charred, 3 to 4 minutes per side.

Step 4

Transfer 1 pineapple slice to each plate and arrange a piece of salmon slightly overlapping it. Spoon 2 tablespoons of the Avocado Dressing over each piece of fish. Garnish with basil and tarragon sprigs and serve.

Step 5

Combine the lemon juice, basil, chives, olive oil, tarragon, anchovy paste (if using), salt, pepper, garlic and avocado in a food processor. Add 2 tablespoons of water and process until smooth. Cover the dressing and let stand for at least 15 minutes and up to 1 hour for the flavors to blend.