

Jason Pettit – Capital Radio Recipe



Grilled Salmon and Courgette Skewers with creamy Avocado, Dill and Yoghurt dressing.

Quick, healthy and delicious and pairs perfectly with a crisp green salad and fresh bread.

Ingredients – serves 4 people

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| 3 lg | salmon fillets (skinless, approx. 600gm) |
| 4 ea | local courgettes (washed, sliced into 8mm discs) |
| 4 Tbsp | apple cider vinegar |
| 2 Tsp | fresh lemon juice (plus grated zest) |
| 2 Tbsp | fresh dill (washed, dried, chopped finely) |
| 1 Tsp | paprika pepper |
| 4 Tbsp | cooking oil |
| | <i>salt & black pepper to taste</i> |
| 1 ea | lemon (sliced or quartered) |

Avocado, Yoghurt & Dill Dressing

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| 1 lg | avocado pear (ripe, peeled & roughly chopped) |
| ½ cup | Greek yoghurt |
| 1 ea | lemon (juiced & zested) |
| 2 ea | spring onions (washed, trimmed and roughly chopped) |
| 2 Tbsp | fresh dill (washed, dried, chopped finely) |
| ¼ cup | extra virgin olive oil |
| ¼ cup | water |
| | <i>salt & black pepper to taste</i> |

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Method

Cut the salmon into ½ inch wide strips across the width then place into a zip lock bag. Add the sliced courgettes and marinate ingredients. Seal the bag and shake vigorously to mix the marinade and coat all the salmon and courgette pieces.

Leave for 10 minutes.

Drain off any remaining marinade and then assemble the skewers by threading a slice of courgette then a piece of salmon (thread accordion style so the pieces are an even thickness) and repeat until the skewer is full and the last piece is a courgette slice.

Repeat until all skewers are assembled.

Pre-heat a grill pan or grill to medium high heat.

Brush the skewers with the cooking oil, lightly season with salt and black pepper to taste and then place into the grill pan or on a tray under the grill.

Cook for 3 minutes and then turn and cook for a further 3 minutes.

Make the dressing by placing all ingredients into a food processor. Blitz or pulse in short bursts until combined into a semi smooth dressing.

Taste and adjust the seasoning (add more lemon / salt / pepper to taste). If you want a looser dressing add a little more water and check the seasoning after.

Serve the cooked skewers with lemon slices and more dill together with the creamy avocado yoghurt dressing and a green salad.

Notes from the chef:

You can prepare the salmon and courgette ahead of time BUT do not marinate for more than 30 minutes or the vinegar will cook the salmon.

You can add chili flakes to the marinade for a spicier taste.

The avocado must be ripe so that it blends properly.

Salmon can be substituted for sea trout, tuna, snapper or sherri.

Courgette can be substituted for asparagus, mushrooms or sweet bell pepper.

Tbsp - tablespoon

Tsp - teaspoon