



Marinated salmon fillets

Salmon fillet marinated in mango-balsamic mustard and honey – deliciously grilled on a fruity mango-fennel salad.

Zutaten

4 Portionen

Salmon fillets

4 Salmon fillets (125-150g each)

30 g Byodo mango balsamic mustard

1 EL Byodo Roast Olive Mediterranean

1 TL Honey

0.5 TL Byodo sea salt

Pepper

Mango and fennel salad

1 Fennel bulb

1 Covenant Radish

1 Mango

1 Covenant Dill

50 g Byodo mango balsamic mustard

40 ml Byodo Condimento Bianco

50 ml Byodo extra virgin olive oil, from Italy

1 TL brown cane sugar

Zubereitung

Preparation of mango and fennel salad

Wash and clean the fennel and remove the stalk. Cut or slice into fine strips. Cut the radishes into thin slices too. Peel the mango and cut into pieces. Chop the dill.

To make the vinaigrette, whisk together the mustard, vinegar, olive oil and cane sugar, pour over the fennel salad and mix well.

Preparation of salmon fillets

Wash the salmon fillets and pat dry. Mix the ingredients for the marinade and coat the salmon with it. Cover and leave to marinate in the fridge for 30 minutes.

Heat the barbecue and brush the grill with a little cooking oil. Grill the salmon fillets on both sides for a total of about 10-12 minutes, turning once.

Serve the grilled salmon fillets with the mango and fennel salad and enjoy.