



## Gingered Salmon with Grilled Corn and Watercress Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 5 small ears of corn
- ☐ 0.5 teaspoon honey
- ☐ 1 ounce pickled ginger
- ☐ 4 fillet skin-on salmon

- ☐ 40 servings salt and pepper freshly ground
- ☐ 8 ounces watercress thick

## Equipment

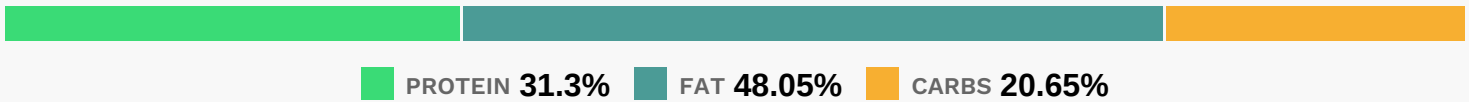
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ serrated knife

## Directions

- ☐ Preheat the oven to 37
- ☐ In a small saucepan, boil 1/2 cup of the balsamic vinegar until reduced to 3 tablespoons, about 5 minutes.
- ☐ Let the reduction cool, then stir in 1 tablespoon of the canola oil.
- ☐ Heat a grill pan. Grill the corn over high heat, turning, until nicely charred all over, about 5 minutes.
- ☐ Let cool. Using a serrated knife, cut the kernels from the cobs.
- ☐ Arrange the salmon fillets skin side down on a work surface. Using the tip of a sharp knife, make five 1/2-inch-deep slits crosswise in the flesh of each fillet. Stuff 1 slice of ginger into each slit, then thread each fillet lengthwise with a short skewer.
- ☐ In a large, ovenproof, nonstick skillet, heat 1 tablespoon of the canola oil. Season the salmon fillets with salt and pepper and add the fillets to the skillet, skin side down. Cook over moderately high heat until the skin is lightly golden, about 3 minutes.

- ☐
- Transfer the skillet to the oven and roast the salmon for about 6 minutes, turning once halfway through, until the skin is very crisp and the fish is just cooked through.
- ☐
- In a large bowl, whisk the remaining 2 tablespoons of balsamic vinegar with the mustard and the honey. Gradually whisk the remaining 1/4 cup of canola oil into the dressing.
- ☐
- Add the grilled corn kernels and watercress to the bowl and toss to coat.
- ☐
- Transfer the salad to plates and top with the skewered salmon.
- ☐
- Drizzle the fish and salad with the balsamic vinegar reduction and serve right away.

## Nutrition Facts



## Properties

Glycemic Index:4.53, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.012173872927%

## Flavonoids

Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 48.78kcal (2.44%), Fat: 2.62g (4.03%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.15g (1.27%), Cholesterol: 9.35mg (3.12%), Sodium: 208.54mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 15.2µg (14.48%), Selenium: 6.4µg (9.15%), Vitamin B12: 0.54µg (9.01%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.52mg (7.58%), Phosphorus: 46.64mg (4.66%), Vitamin B2: 0.08mg (4.52%), Vitamin A: 204.97IU (4.1%), Vitamin B1: 0.06mg (3.89%), Potassium: 133.62mg (3.82%), Vitamin C: 3.1mg (3.75%), Vitamin B5: 0.37mg (3.68%), Copper: 0.05mg (2.73%), Magnesium: 10.31mg (2.58%), Folate: 8.69µg (2.17%), Vitamin E: 0.31mg (2.07%), Manganese: 0.04mg (1.94%), Iron: 0.23mg (1.27%), Zinc: 0.16mg (1.1%), Calcium: 10.28mg (1.03%)