

Salmon Cobb Salad Board

INGREDIENTS

For the Salmon

- 1 filet of wild salmon (about 3 lbs) with pin bones removed
- zest of 1 lemon
- salt and freshly ground black pepper
- 2 tbsp olive oil
- 1 tbsp chopped dill
- 1 tbsp chopped parsley

For the Salad

- 6 eggs
- 1/2 lb cooked bacon
- 2 tomatoes, sliced
- 1 cup peppadew peppers
- 4 cups arugula and baby lettuce mix
- 1 cup crumbled feta cheese
- 1/2 cup sliced red onion
- 10 radishes boiled red skin potatoes
- 2 avocados, thinly sliced
- 1/2 pound portabella mushrooms sautéed i bunch steamed asparagus
- 1 lemon, cut into wedges (for garnish)
- Classic aioli for serving

METHOD

1. Preheat the oven to 250°F. Line a jelly roll pan with foil and coat with a bit of olive oil.
2. Place the salmon on the baking tray skin side down and season with salt and pepper, herbs and lemon zest. Rub the salmon all over with the olive oil, then let sit at room temperature for about 30 minutes. Roasting salmon low and slow gives a different consistency to the fish, more like smoked salmon (without the smoke).
3. Roast for about 25 minutes, or until the salmon is just opaque in the center.
4. To prepare the eggs, Bring water in a large sauce pan to a boil, THEN gently add the eggs one at a time. Cook for 6 minutes. Remove from heat, drain then add eggs to ice bath to cool. When cool enough to handle, peel eggs and slice in half.
5. To assemble the salad board, place the cooked salmon in the center of a platter, and scatter the remaining ingredients around it in a decoratively. Enjoy!