



Snap Pea and Orange Salad with Grilled Salmon

Servings

4

Calories

560

Prep Time

1 hour

Total Time

1 hr 35 minutes

Skill Level

Medium

Ingredients

- ½ teaspoon orange zest
- ⅓ cup orange juice
- ¼ cup olive oil
- 4 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 cloves garlic, fresh, minced
- ¾ teaspoon salt
- ¾ teaspoon pepper
- ¼ teaspoon hot pepper flakes
- 1 (8 ounces) package Mann's Sugar Snap Peas
- 2 oranges, peeled and sliced crosswise
- 6 radishes, thinly sliced
- ½ small red onion, thinly sliced
- 4 (5 ounce) salmon fillets, patted dry with paper towel



The Method

Whisk together orange zest, orange juice, olive oil, Dijon mustard, honey, garlic, salt, pepper and hot pepper flakes. Reserve half of the dressing; set aside. In resealable plastic bag, combine remaining dressing with salmon; refrigerate for at least 10 minutes or up to 1 hour.



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In pot of boiling salted water, blanch snap peas for 1 to 2 minutes or until tender-crisp. Refresh under cold running water; drain and pat dry with paper towel. Toss snap peas with reserved dressing, then stir in oranges, radishes and red onion.

Meanwhile preheat grill to medium-high heat; grease grate well. Grill salmon for 4 to 6 minutes per side or until fish just starts to flake. Divide salad among 4 plates; top with salmon.

Tip: Add 1 ripe avocado (peeled, pitted, and sliced) and chopped toasted walnuts, if desired.

Nutrition Facts

Serving Size 482g | Servings: 4

Amount Per Serving

Calories 590 | Total Fat 28g (sat fat 4.5g trans 0g) | Cholesterol 145mg | Sodium 810mg | Total Carbohydrate 15g | Dietary Fiber 2g | Sugars 10g (Includes 3g Added Sugars) | Protein 67g | Vitamin D 180% | Calcium 4% | Iron 6% | Potassium 30%