

Eatdrinkandbesexy.com

Grilled Sesame Salmon

Serves 4

2 medium cucumbers, peeled, halved lengthwise, seeded, and thinly sliced
1 tablespoon salt, plus additional to taste
4 tablespoons rice vinegar, divided
2 tablespoons fresh lime juice, divided
2 tablespoons reduced-sodium soy sauce
2 tablespoons tahini or smooth, natural peanut butter
1 tablespoon plus 1 teaspoon toasted sesame oil, divided
1 clove garlic, chopped
1 teaspoon chopped fresh ginger
4 salmon fillets (about 5 ounces each)
1/2 small red onion, very thinly sliced
6 cups baby arugula or salad greens

Place cucumbers in strainer set in sink; toss with 1 tablespoon salt. Press kitchen towel on cucumbers; drain at least 1 hour or up to 3.

To make sauce, combine 2 tablespoons vinegar, 1 tablespoon lime juice, soy sauce, tahini, 1 tablespoon oil, garlic, ginger, and 1 tablespoon water in blender; puree until combined.

Preheat grill to medium-high. Season both sides of salmon with salt. Place skin side down on grill; cook 3 minutes, or until skin shrinks and separates from flesh. Flip; cook 4 minutes, until done.

Toss cucumbers with remaining 2 tablespoons vinegar, 1 tablespoon lime juice, 1 teaspoon oil, and sliced onions. Refrigerate until serving.

Divide arugula equally among four plates. Top each serving with salmon, then cucumbers. Drizzle sauce over servings.

To test for doneness, insert a small, sharp knife in a fillet; fish should be opaque throughout. When pressed with your finger, salmon should feel firm but not hard.

Adapted from south beach diet