

# MasterFoods<sup>TM</sup>

## PROFESSIONAL

Charred Salmon with Fennel, Dill and Orange Salad  
RECIPE

### Charred Salmon with Fennel, Dill and Orange Salad



<?xml version="1.0"?>

TIME

10 min

## INGREDIENTS

7 items

MAKES

12 servings

Perfect barbeque/grill dish, easy to prepare and prep ahead – even works as a cold salad as the salmon can be cooked, cooled and kept in an airtight container for up to 4 days – just as tasty and perfect for spring/summer.

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## INGREDIENTS

- 4 Boneless Skin-on Salmon Fillets
- 2 tbsp. MasterFoods™ Professional Piri Piri Seasoning
- 1 tbsp. Olive Oil

For the Salad:

- ½ Fennel Bulb, shaved on a mandolin, chilled in iced water
- 2 cups Mixed Salad Leaves
- 2 Oranges, peeled and supremed

To Serve:

- 2 tbsp. MasterFoods™ Professional Chilli & Lime Dressing

## PRODUCTS USED



MasterFoods Professional Gluten Free Chilli and Lime Salad Dressing 3L

[SEE DETAILS](#)

## Cooking Instructions:

1. 1  
Preheat a salamander grill on high heat. Season the salmon fillets generously all over with Piri Piri seasoning.
2. 2  
Heat oil in oven proof frying pan over a medium-high heat. Add the salmon skin side down and cook around 3 to 6 minutes until skin becomes crispy.
3. 3  
Flip salmon fillets and place the pan under the hot grill and cook the skinless side for a couple of minutes until charred but just cooked and still medium-rare.
4. 4  
For the salad, drain the fennel and pat dry with paper towel. Arrange onto plates,

adding some mixed leaves and orange supremes on top.

5. 5

Add a piece of salmon on each plate and serve with lime chilli dressing.

## Tips

1. 1

For an alternative dressing, replace with MasterFoods™ Professional French Dressing mixed with a teaspoon of MasterFoods™ Professional Dijon Mustard.

2. 2

Replace the salmon with chicken thighs for an alternative meat option.

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### [Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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### [Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



### [Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

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## [New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

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