

Core Cooking with Mandie Shockley

Grilled Salmon with Red Pepper Sauce & Zucchini



INGREDIENTS

Serves 2

4-12 ounces wild caught salmon

1 large shallot, minced

1 red bell pepper

2-3 whole organic zucchini, sliced into

1/2 inch thick sliced lengthwise

Tiny bit of olive oil

INSTRUCTIONS

Sprinkle $\frac{1}{2}$ the minced shallots on top of the piece(s) of salmon.

Dab some olive oil on a paper towel and rub the zucchini on both sides and sprinkle with a little black pepper and pink Himalayan salt.

Heat your grill on one side to high and one side to medium. Place the red pepper on the high side and cook until it the skin starts to char. Flip the pepper over and add the zucchini and salmon to the medium heated side of the grill. Grill zucchini for a couple minutes on each side until there are grill marks. Grill Salmon until cooked all the way through (time varies depending on size).

Peel skin from red pepper and remove the seeds. Blend red pepper with the other $\frac{1}{2}$ of the shallots and pour over salmon. Yum!