

Grilled Salmon With Sautéed Artichoke Hearts & Spinach

Serves 2

Ingredients

200 grams grilled salmon
2 tbsp extra virgin olive oil
1 1/2 cups mushrooms
1 tbsp fresh chopped garlic
7 oz quartered artichoke hearts
1/2 tomato, chopped
Large handful of baby spinach
1 tablespoon chopped fresh basil
salt and pepper, season to taste

Raita

1/4 cup plain yogurt
1/4 cup diced, chopped seeded cucumber
2 tsp diced basil
tabasco, lemon juice, salt and pepper to taste

Instructions

- 1 Prep the ingredients as indicated.
- 2 Grill the salmon on your grill, set aside.
- 3 Sauté the mushrooms first with the olive oil,
- 4 Add in the garlic then the tomato and the artichoke hearts.
- 5 Season the dish.
- 6 Add basil to the mix, sauté more.
- 7 Add the handful of spinach, sauté some more.
- 8 Done.
- 9 For the raita, just prep as indicated and stir together. Use a food storage container to make it in so you can just pop the extra in the fridge for later.

Notes

For those of you who would rather watch how it's made... here's a video! <https://youtu.be/L3KkDEZzen0>

team victory / spray it away <http://sprayitaway.ca/>