

# Salmon Mediterranean

Recipe By Norene Gilletz



Cooking and Prep:   
1.5 h

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Gluten Free, Low Carb,  
Pescetarian, Paleo

Source: KosherScoop.com

This salmon is great for guests when you're pressed for time. It's delicious either hot or cold--  
Mediterrane-yumm!

## Ingredients (12)

### Salmon

- 3-pound fillet with skin, or 8 individual salmon fillets
- salt, pepper and dried basil, to taste

### Sauce

- 2 cloves garlic
- 3 medium Roma tomatoes, quartered

- 1 yellow or red pepper, cut in chunks
  - 1 medium zucchini, cut in chunks
  - 4 green onions, cut in chunks
  - 2 tablespoons **Gefen Olive Oil**
  - 2 tablespoons lemon juice
  - 2 teaspoons **Gefen Honey**
  - 1/4 cup fresh basil (or 1 teaspoon **Gefen Dried Basil**)
  - 1/2 cup **Gefen Sliced Black Olives** (*optional*)
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## Start Cooking

### Prepare the Salmon

1. Line a baking sheet with foil and spray with nonstick spray. Place salmon on baking sheet and sprinkle lightly with salt, pepper and basil.

### Prepare the Topping

1. Insert steel blade in processor bowl. Drop garlic through feed tube while machine is running; process until minced. Add remaining ingredients except olives. Process with quick on/off pulses, until coarsely chopped. Season with salt and pepper.
2. Spread mixture evenly over salmon and marinate for 30 to 60 minutes.

#### Note:

Leftovers will keep two to three days in the refrigerator. Reheats and or/freezes well.

### Bake

1. Preheat oven to 425 degrees Fahrenheit.
2. Bake, uncovered, for 12–15 minutes, until salmon flakes when gently pressed. If desired, top with olives before serving.