

Low FODMAP Kiwi Salsa over Salmon

Lately, due to the abundance of kiwis available at our market, we've been topping this delicate kiwi salsa over lots of dishes. The minced jalapeño, aromatic cilantro, scallion greens, fresh lime juice and touch of ground cumin create a fruity mix with just the right amount of citrus and chile pepper to not overwhelm the kiwi. If you're a fan of salsa and kiwis, you are going to love this!

Serve it over plain, pan-seared salmon seasoned with salt, pepper and a fresh spritz of lime — or with grilled pork chops or chicken.

Serves: 2

SALSA INGREDIENTS:

1 small (75 g) kiwi, peeled and small diced
1/2 small (15 g) mild jalapeño, stem, seeds and ribbing removed, minced
1 tablespoon fresh minced cilantro leaves
3 scallions green parts only, thin sliced
1/16 teaspoon ground cumin
juice of 1/4 to 1/2 lime, to your taste

SALMON INGREDIENTS:

2, 4-ounce / 115 g each salmon fillets
1/4 teaspoon fine sea salt
1/8 teaspoon fresh ground black pepper
1 tablespoon extra virgin olive or canola oil

METHOD:

Mix the salsa ingredients in a small mixing bowl, cover with a lid or plastic wrap and chill in the refrigerator.

Dust the salmon fillets with salt and pepper on both sides.

Pour the oil into a medium nonstick skillet over high heat to shimmering but not smoking. Add the salmon skin-side down and sear undisturbed for 45 seconds. Reduce heat to medium high and cook for 4 minutes or until the skin is nicely browned. Turn the fillets over and cook undisturbed for 3 minutes to medium rare, 4 minutes for medium, or longer to your desired doneness. Remove from the skillet and let rest for 1 minute.

Cooking times may vary according to your pan and burner. It's always a good idea to pierce the fillet with a sharp knife on the top center to check for doneness.

Assembly: Place a fillet on each dinner plate. Top with salsa. Place lime wedges on the side if desired. Serve immediately.

TIPS:

The salsa tastes best when made fresh the day of serving. In a pinch, it can be made 1 day in advance. Longer than that and the kiwi can become a little mushy.

Suggested sides: Air fryer French fries and a side salad of lettuce, grated carrot, sliced red radish, sliced scallion greens, and splash of olive oil and red wine vinegar.

Tablespoons are US/Imperial 3 teaspoons per.



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