BetterBody Foods

Dill Avocado Mayo Grilled Salmon

Prep: 20 min Cook: 15 min Total: 45 min Servings: 2

Calories: 412 Fat: 27g Protein: 40g Carbs: 1g Fiber: 0g

Ingredients

For the Salmon:

- 2 (6-ounce) salmon fillets (skinless)

For the Dilled Mayonnaise:

- 3/4 cup BBF Avocado Mayo
- 1 tsp lemon juice
- 1/4 tsp sesame oil
- 1 tsp garlic (minced)
- 2 to 3 tsp fresh dill (chopped)
- Salt and pepper to taste

Directions

1. Carefully run your finger up the center of the fillet (against the grain) and if you find any pin bones, pull them out with a small pair of needle-nosed pliers.
2. Pat the fillets dry and set aside.
3. Make the Dilled Mayonnaise
4. In a small bowl, combine mayonnaise, lemon juice, sesame oil, garlic, and salt and pepper. Fold in the chopped dill. Chill until ready to use. You will use 1/2 cup of this mayonnaise for the fish, and the remainder 1/4 cup is to be used as the garnish.
5. Grill the Salmon.
6. Lightly spread dilled mayo on both sides of the fillets. Set aside.
7. Heat the grill (or grill pan) to medium heat for charcoal and medium-high heat if using a grill pan.Place the fillets on the grill at a diagonal angle and grill for 3 1/2 minutes.
8. Using a very thin, wide spatula, rotate each filet 1/2 turn without flipping to create that lovely crosshatch pattern and cook another 3 1/2 minutes.
9. Turn fillets over and cook for another 3 to 4 minutes depending on how thick they are.Serve with a dollop of the mayonnaise and a sprig of dill.
10. Enjoy your Dill Avocado Mayo Grilled Salmon!