



**BRISTOL BAY**  
SOCKEYE SALMON

## SOCKEYE MANGO AVOCADO SALAD

*Recipe courtesy of Lyana Begret*

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**SERVINGS: 3-4**

**COOK TIME: 45 MINS.**

### *Ingredients:*

- 3 wild sockeye salmon fillets
- 1 tablespoon olive oil
- 1 tablespoon honey
- Juice of 1/2 lime
- Salt and pepper, to taste
- Garlic powder, to taste
- 1 tablespoon cassava flour

### **For the dressing:**

- Juice of 1 lime
- 1/4 cup olive oil
- 1 tablespoon tahini
- 1/2 teaspoon garlic powder
- 2 tablepsoon maple syrup
- Salt and pepper, to taste

### **For the salad:**

- 7 ounces finely chopped romaine
- 1 ripe mango, peeled and diced
- 1 avocado, chopped
- 1 pound (2 cups) cherry tomatoes, halved
- Handful fresh basil, chopped
- 1/4 red onion, finely chopped
- 2 tablespoons peanuts

### **Directions:**

- 1** Cut the salmon into cubes and toss in olive oil, honey, lime juice, salt, peper, garlic powder and cassava flour. Set aside for 20-30 minutes to marinate.
- 2** Air fry at 400F for 12 minutes or until desired crispiness or grill wrapped in a foil packet for 12-15 minutes.
- 3** For the dressing, whisk together all of the ingredients and set aside.
- 4** For the salad, add romaine, mango, avocado, cherry tomatoes, fresh basil, red onion, and peanuts to a serving bowl. Top off with the salmon and drizzle the dressing over it. Toss well and serve immediately.

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[www.bristolbaysockeye.org](http://www.bristolbaysockeye.org).