

GRILLED SOCKEYE SALMON

with Olive Oil, Lemon & Big Herbs

SERVES 6

6 6 oz Sockeye salmon fillet pieces

1/4 cup olive oil

kosher salt

2 Tbsp Herb Co. fresh lemon thyme, chopped

2 Tbsp Herb Co. fresh Italian parsley, chopped

2 Tbsp rosemary, chopped

2 Tbsp lemon zest

1 Tbsp cracked black pepper



Haggen Chef Bryan Weener

Combine all ingredients and cover each piece of salmon with the herbs and olive oil. Let sit for 4-6 hours.

Pre-heat grill to medium high heat. Brush salmon with a light coating of olive oil and sprinkle with kosher salt. Brush the grate of the grill with olive oil right before you place the salmon on the grill. Grill 4-6 minutes then turn over and grill for 3-4 more minutes depending on the thickness of the fillet.

Finish with a squeeze of lemon on top of each piece of fish.



Fresh Haggen Salmon

Haggen
NORTHWEST FRESH
LOCAL
INGREDIENTS



Herb Co. Fresh Organic
Lemon Thyme
Duwall, WA

