

# SALMON WITH HOMEMADE TARTAR SAUCE

**Suitable for the health conscious person, perfect to fit this meal into your weekly meal plan.**

Who doesn't love salmon on the braai? Add asparagus plus tartar sauce made with Greek yoghurt and you've got yourself one all-round healthy fish-braai feast.



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Prep time: 15 minutes  
Cook time: 10 minutes  
Serves 2 people

## INGREDIENTS

2 salmon fillets with skins on  
virgin olive oil  
salt and black pepper  
fresh asparagus spears

### FOR GREEK YOGHURT TARTAR SAUCE:

1 onion, finely chopped  
1 tablespoon capers  
3 gherkins, chopped  
2 tablespoons lemon juice  
1 cup greek yoghurt  
fresh parsley, chopped  
salt and black pepper

## INSTRUCTIONS:

1. Rub the salmon with olive oil and seasoning on both sides.
2. Coat the asparagus spears with a little olive oil and seasoning.
3. To make the tartar sauce, toss all ingredients in a blender and blend on low for 3 minutes.
4. Preheat your Megamaster gas braai on low with the lid down for 8 minutes.
5. Place the salmon fillets skin side down on the braai. Spread the asparagus spears on the top rack and close the lid.
6. Grill until the salmon skin turns crispy and loosens easily from the grid with a slight nudge, approximately 6-8 minutes. Turn the salmon and set the gas braai on high for 1-2 minutes to lightly sear the top of the fish.
7. The asparagus doesn't need too much attention and should simply be ready at the same time as the salmon.
8. Serve the salmon and asparagus topped with generous dollops of tartar sauce.

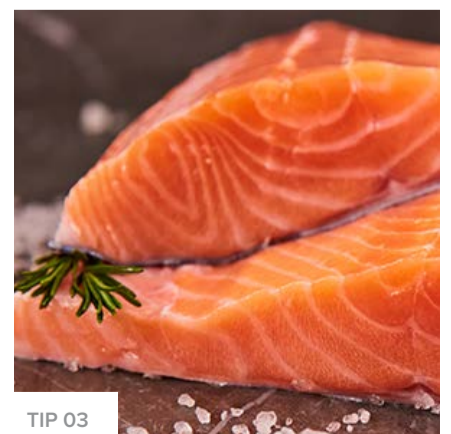
## MEGAMASTER RECIPE TIPS



**TIP 01**  
Coating the salmon in oil will help prevent it from sticking to the grid. Any oil with a high smoke point works, for example grape seed oil or avocado oil.



**TIP 02**  
To add an extra touch to the asparagus spears, sprinkle with sesame seeds before serving.



**TIP 03**  
How to ensure the salmon stays moist on the braai? Brine it in a mix of water, salt and sugar for 30 minutes before cooking.