

Salmon with Herb Mojo & Radicchio Salad

By Jules, Boston Mamas Guest Contributor

Salmon is my favorite food (see another recipe [here](#)), and because it's a sturdy fish, it really can stand up to both bold and subtle flavors. Rich in omega 3 fatty acids (which is good for the cardiovascular system), this recipe is simple in flavors but packs a punch with its fresh herb mojo.



Salmon with Herb Mojo:

- 1 to 1 ½ lbs fresh salmon filets
- Salt and pepper
- ¼ cup orange juice + 1 Tbl.
- 1 Tbl. maple syrup
- 1 bunch cilantro
- 4 scallions
- ½ cup Thai basil (or basil)
- 1 large jalapeno pepper
- 2 Tbls. extra virgin olive oil

1. Prepare the salmon. Season both sides of salmon liberally with salt and pepper. Pour ¼ cup orange juice and maple syrup over each filet. Let sit for 5 minutes.
2. While salmon is marinating, prepare mojo. Roughly chop cilantro, scallions, basil, and jalapeno pepper (include the seeds for extra heat) and place in food processor. Process until herbs and pepper are uniformly chopped in small pieces. Scrape from processor and place in small bowl. Stir in olive oil and remaining 1 tablespoon of orange juice. Set aside.
3. Cook the fish. Preheat oven to 350°F. Coat large saucepan with olive oil. When oil is hot, place fish in pan, skin side down. Once skin becomes crispy, remove from heat and finish cooking fish in oven, for about 10 minutes (depending on thickness of the fish).
4. When fish is done, remove and top with mojo.

Radicchio Salad:

- 1 pint cherry tomatoes, halved
- 2 Tbls. olive oil + 2 Tbls. for dressing
- Salt and pepper
- 2 heads radicchio, cut into sixths
- ½ cup crumbled feta cheese
- 4 Tbls. red wine vinegar
- 3 tsps. honey
- 1 Tbl. orange juice
- 1 large avocado, diced



1. Preheat oven to 375°F. Toss halved tomatoes in olive oil and liberally salt and pepper. Place tomatoes on baking sheet and bake for 30 minutes. Meanwhile, prepare salad. Spread radicchio on a platter and sprinkle with feta cheese.
2. Make dressing: whisk together red wine vinegar, remaining 2 tablespoons of olive oil, and honey. Season with salt and pepper. Whisk in one tablespoon orange juice. Place diced avocado in dressing and coat well. Remove avocado and sprinkle it on salad. Place cooked (but still warm) tomatoes on salad. Pour dressing over salad and serve immediately.