

Grilled Atlantic Salmon with a Vegetable Medley

By Chef G. Garvin

6 tablespoons olive oil
1 large eggplant, cubed
¼ cup, red and orange bell pepper, ½ pieces
¼ cup green and yellow zucchini, cubed
¼ cup red onion, ½ inch pieces
1 cup halved cherry tomatoes
16-ounce can plum tomatoes, drained
2 tablespoon chopped garlic
2 tablespoons chopped shallot
3 tablespoons unsalted butter
2 tablespoons capers
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice
2 -8 ounce salmon fillets (or 4-ounce pieces)
4-ounces arugula
kosher salt
black pepper

Method:

1. In a deep frying pan heat 2 tablespoons of the olive oil over medium heat. Add eggplant, bell pepper, zucchini and onion; sauté until soft. Add cherry tomatoes and let cook for 1 minute. Add canned tomatoes and mix well. Add 2 tablespoons of the olive oil, a pinch of salt, and a pinch of black pepper.
2. Add the garlic and shallot; mix well and let simmer for 2 minutes. Stir in the butter, capers, parsley and lemon juice; mix well and let cook until all vegetables are tender but not mushy.
3. In a grill, pan heat the remaining 2 tablespoons of olive oil over medium heat. Season the salmon with salt and black pepper. Grill salmon for 4 minutes per side or until firm but moist and fish starts to separate when you press down on it.
4. To serve, scoop vegetables onto a large serving plate and place salmon on top. Place arugula on top of salmon. Drizzle with additional olive oil and season to taste with salt and black pepper.