

tasty Recipe

Fresh Oregano Marinade

INGREDIENTS

Juice of two lemons	1 tbsp of ground cumin
¼ cup of olive oil	¼ to ½ tsp of red pepper flakes
2-3 tbsp of oregano, minced	1 tsp of kosher or flaked salt
1 tbsp of sesame seeds	
1 tbsp of smoked paprika	

INSTRUCTIONS

- Mix all the marinade ingredients in a bowl with a whisk or toss it in the blender and give it a whirl.
- Nestle your salmon filet in a bowl, cover with the marinade and let sit for ½ hour. Meanwhile, lightly oil your grill, heat it up to medium-high.
- When your grill is nice and hot, cook the salmon, flesh side down, for 4-6 minutes, (depending on how thick the filet is) then carefully flip and grill on the other side.
- Drizzle the leftover marinade over the fish and cook for 5 more minutes with the lid closed, until the salmon gets slightly opaque in the center.
- Serve with a fresh salad and rice with oregano leaves.

TIP: Don't overcook! If anything, undercook and let rest for 5 minutes and it will be perfect. This marinade is amazing on grilled chicken as well just make sure to marinate for 6-8 hours.

