

## Salmon with fruit salsa

**Pre heat the oven to 400°**

Prepare the salsa
Cut each mandarin orange slice into 3 pieces
Cut each raspberry in half
Cut each strawberry into 6 pieces
Cut each olive into quarters
Cut the jalapeños into very fine julienne strips. Get Scott or Chuck to show you what they should look like. Take your time and make them really fine and the same length. This little bit of effort makes it really pretty. Don't worry about the time.
Julienne the red bell pepper in the same way. Just as with the jalapeños, take your time and make them really fine and the same length. This little bit of effort makes it really pretty. Don't worry about the time.
Take the cilantro off the stems and chop it coarsely
Very gently mix all the fruits and cilantro in a bowl.

Cook the salmon
Heat the frying pan over medium heat for 5 minutes. While it's heating, sprinkle salt and pepper on the salmon pieces
Add 3 T olive oil and use a spatula to spread it around the pan
Put the salmon in the pan.
After 5 minutes, put the frying pan in the pre-heated oven. Get Scott to help with this. The pan is awkward and heavy
After 8 minutes in the oven get Chuck or Scott to help you test for doneness.

Serve your plates
Put out 16 plates
Use the tongs to put a piece of salmon on each plate
Spoon some of the salsa over the top and also to the side of the salmon
Garnish with very thinly sliced green onions