
Ahi Belly Salad

Description

This salad is ideal for a light lunch. The dressing is bursting with flavors of balsamic vinegar, capers, thyme and a slight kick of cayenne. You may substitute the Ahi belly with any fish of your choice.

Total time: 2 hrs Yield: 4 Servings

Ingredients

2 lb Ahi belly (trimmed; can substitute any fish))
1/4 cup extra virgin olive oil
1 clove garlic (minced)
salt
pepper
1 Tbsp white balsamic vinegar
1 Tbsp capers (rinsed and chopped)
cayenne pepper
1 tsp fresh thyme
1/2 lb arugula (rinsed and dried)
1/2 sweet onion (thinly sliced)
1/4 cup flat leaf Italian parsley (roughly chopped)
1/2 lb local grape tomatoes (sliced in half)

Prep Time: 2 hrs Total Time: 2 hrs

Instructions

Toss Ahi belly in 1 tablespoon of extra virgin olive oil and minced garlic, season to taste with salt and fresh cracked pepper. On a charcoal or gas grill, cook Ahi for 2 to 3 minutes, set aside. In a small bowl, whisk balsamic vinegar, remaining extra virgin olive oil, capers, a pinch of cayenne pepper and thyme, season to taste with salt and fresh cracked pepper. Toss and lightly coat arugula, onion, Italian parsley and tomato in dressing.

Break the Ahi belly into large pieces and garnish salad, serving with extra dressing if desired.

Recipe brought to you by:

Chef Mark Noguchi

Source:

