

This recipe produces salmon with a crispy skin, a very popular technique in Asian cooking. The ginger and garlic in the kale complete the Asian-inspired theme while the kale provides many valuable nutrients.

Grilled Salmon with Kale

1 - 1 1/2 lbs (450-675 g) kale or other dark leafy green such as collard or mustard greens
About 4 Tbs (60 ml) olive oil
2-3 cloves garlic, finely chopped
2 tsp (10 ml) grated fresh ginger
1 Tbs (15 ml) soy sauce
1 tsp (5 ml) dark sesame oil
4 - 6 salmon fillets with skin, about 6 oz (170 g) each
Salt and freshly ground pepper to taste

Wash the kale thoroughly and remove the thicker portions of the stems and ribs. Steam or boil in salted water until tender, about 10 minutes (collards and mustard greens will take longer). Drain, rinse in cold water, squeeze dry, and chop. Heat 2 tablespoons of the olive oil in a large skillet over moderate heat and saute the garlic for 1 minute - do not brown. Add the kale and saute for 3 minutes. Add the ginger, soy sauce, and sesame oil and cook for 1 minute. Remove from heat and keep warm while the salmon cooks. Score the skin of the salmon into a diamond pattern with a sharp knife. Rub the salmon with the remaining olive oil and season with salt and pepper. Place the salmon skin side down over hot coals, or place skin side up under a preheated broiler and cook until the skin is crisp and the salmon is firm to the touch and cooked through, 5 to 10 minutes, depending on the heat of the fire. Arrange the kale on a serving platter or individual serving plates and place the salmon on top, skin side up. Serves 4 to 6.