

# Your Report

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Below is a recipe for a delicious, flavorful salmon sandwich that's perfect for a quick lunch or light dinner. This version features grilled salmon for a smoky touch, fresh veggies, and a tangy herb sauce to tie it all together. It's hearty, healthy, and customizable. Serves 2 (easily scalable).

## Ingredients

#### For the Salmon:

1. 2 salmon fillets (about 4-6 oz each, skin-on or skinless—wild-caught if possible for better flavor)
2. 1 tbsp olive oil
3. Salt and black pepper, to taste
4. 1 tsp smoked paprika (optional, for extra smokiness)
5. Juice of 1/2 lemon

#### For the Herb Sauce:

6. 1/4 cup mayonnaise (or Greek yogurt for a lighter option)
7. 1 tbsp fresh dill, chopped (or 1 tsp dried)
8. 1 tbsp fresh parsley, chopped
9. 1 tsp capers, chopped (optional, for briny kick)
10. 1 small garlic clove, minced
11. Zest and juice of 1/2 lemon
12. Salt and pepper, to taste

#### For Assembly:

13. 4 slices of sturdy bread (like sourdough, ciabatta, or whole-grain—lightly toasted)
14. 1 avocado, sliced (for creaminess)
15. 1/2 cucumber, thinly sliced
16. A handful of arugula or mixed greens

17. Optional add-ins: Sliced red onion, tomato, or a dash of hot sauce for heat

## Instructions

18. **Prepare the Herb Sauce:** In a small bowl, mix together the mayonnaise (or yogurt), dill, parsley, capers, garlic, lemon zest, and lemon juice. Season with salt and pepper. Stir well and set aside in the fridge to let the flavors meld. This can be made up to a day ahead.
19. **Cook the Salmon:** Pat the salmon fillets dry with paper towels. Rub them with olive oil, then season both sides with salt, pepper, smoked paprika, and a squeeze of lemon juice. Heat a grill pan or skillet over medium-high heat (or use an outdoor grill). Cook the salmon for 3-4 minutes per side, until it's opaque and flakes easily with a fork (internal temp should reach 145°F/63°C). If using skin-on, start skin-side down for crispiness. Let it rest for a minute, then flake it into large chunks with a fork.
20. **Assemble the Sandwiches:** Toast the bread slices lightly if desired. Spread a generous layer of the herb sauce on each slice. On the bottom slices, layer the arugula or greens, cucumber slices, avocado, and flaked salmon. Top with more sauce if you like, then add the top bread slice.
21. **Serve:** Cut the sandwiches in half and enjoy immediately. Pair with a side salad, chips, or fresh fruit for a complete meal.

## Tips for Success

22. **Make it Ahead:** Grill the salmon and prep the sauce in advance; assemble just before eating to avoid soggy bread.
23. **Variations:** For a canned salmon version (quicker and budget-friendly), use 1 can of wild salmon, drained and mixed with a bit of the herb sauce. Swap in smoked salmon for a no-cook option.
24. **Dietary Twists:** Go gluten-free with your favorite GF bread, or make it low-carb by wrapping in lettuce leaves.
25. **Flavor Boost:** If you love spice, add a pinch of cayenne to the salmon seasoning or some sliced jalapeños in the assembly.

This recipe is simple yet elevated— the fresh herbs and lemon cut through the richness of the salmon perfectly. Total time: About 20-25 minutes. Enjoy! If you tweak it, let me know how it turns out. ?

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