

Salmone grigliato

Ingredients:

- * 1 salmon fillet (about 100g)
- * Salt and pepper to taste
- * 1 tablespoon of olive oil

Steps:

1. Preheat the grill to medium-high heat.
2. Cut the salmon fillet into 4 equal portions and season with salt and pepper.
3. Place the salmon on the grill and cook for 2-3 minutes on each side, or until the flesh is opaque and flakes.
4. Remove from the grill and serve immediately.

Cooking time: 6 minutes

Note: Cooking time may vary depending on the heat of the grill and the thickness of the salmon.