



Salmon and avocado salad

25'
Hands on

7'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 600 g salmon
- 3 tablespoon(s) olive oil
- salt
- pepper
- 2 avocado(s)
- lime juice, of 1 lime
- 200 g mixed green salad
- 20 g sesame seeds

For the dressing

- 10 g ginger
- 1/2 chili pepper
- 3 tablespoon(s) soy sauce
- 1 tablespoon(s) sesame oil
- 1 teaspoon(s) honey
- lime juice, of 1 lime

To serve

- sesame seeds
- chili pepper
- lime(s)
- coriander

Method

- Place a frying pan over high heat and let it get very hot.
- Cut the salmon into 2 cm slices and add 1 tablespoon of olive oil, salt, and pepper.
- Transfer to the hot pan, skin side down. Cook it over medium heat for 5-7 minutes on both sides.
- Remove the salmon, take off its skin (optionally), and cut it into pieces. Set aside. If you want, you can keep its skin to serve.
- In a blender add the avocados, 2 tablespoons of olive oil, the lime juice, salt, pepper, and beat until the ingredients are homogenized.
- Transfer the mixture to your serving plate and spread it over the whole surface. Put the salad on top and set aside.

For the dressing

- In a bowl grate the ginger, add the chili pepper finely chopped, the soy sauce, the sesame oil, the honey, the lime juice, and mix.
- Set aside.

To assemble

- Place a frying pan over medium heat and add the salmon pieces.
- Deglaze the pan with the dressing and mix for 1 minute. Remove from the heat and add the sesame seeds.
- Transfer the salmon over the salad and serve with the salmon skin, the sesame seeds, the chili pepper and the coriander finely chopped, and with lime slices.

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 621 Calories (kcal) | 50.0 Total Fat (g) | 9.1 Saturated Fat (g) | 5.2 Total Carbs (g) |
| 31% | 71% | 46% | 2% |
| 2.5 Sugars (g) | 35.0 Protein (g) | 4.4 Fibre (g) | 2.4 Sodium (g) |
| 3% | 70% | 18% | 40% |