



FAST

Seared Sesame Salmon

with Avocado, Tahini and Carrot Slaw



20-30min



4 Portions

It's hard to make salmon more delicious than it already is, but we've done our darnedest. With a quick sesame crust, a crunchy shredded slaw, slices of avo and lashings of tahini sauce, we think we nailed it. The result is an easy but spectacularly good-tasting dish the whole family will love you for.

What we send

- avocado
- tahini paste ¹¹
- carrot
- sesame seed mixed ¹¹
- Lebanese cucumber
- Tasmanian salmon fillet ⁴

What you'll require

- Australian honey
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- soy sauce ⁶
- water

Utensils

- foil
- large frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 780kcal, Fat 65.9g, Carbs 10.7g, Proteins 33.7g



1. Prepare ingredients

Peel the **carrots**. Using a julienne peeler, shred the carrots and the **cucumbers** (alternatively, use a knife to cut them into thin matchsticks). Thinly slice the **avocado**, discarding the stone and skin.



2. Prepare salmon

Put **three-quarters of the sesame seed mix** on a plate. Press the **salmon** flesh into the mixture to coat. Season with **salt and pepper**. Set aside.



3. Make dressing

Put the **tahini**, **120ml (½ cup) olive oil**, **2 tbs white vinegar**, **1½ tbs soy sauce**, **1 tbs water** and **1 tsp honey** in a small bowl and whisk until smooth.



4. Cook salmon

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **salmon** for 2 - 3 mins each side, or until cooked to your liking. Transfer to a plate and keep warm.



5. Make carrot slaw


Combine the **carrot** and **cucumber** in a large bowl, add **half the dressing** and toss to coat.



6. Get ready to serve

Divide the **carrot slaw**, **avocado**, and **salmon** among plates. Drizzle with the **remaining dressing** and scatter with the **remaining sesame seed mix** to serve.

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