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Asian Sesame Salmon



Ingredients

3 cups spinach – chopped and cooked
2 onion – chopped
3 cloves garlic – minced
3/4 can mango slices – chopped in bite size pieces
4 salmon fillets – fresh or frozen
1 tbsp balsamic vinegar
2 tbsp double cream – whisked
Bunch of chopped cilantro
2 tbsp oil
Asian Sesame dressing (recipe below)
ASIAN SESAME DRESSING
Whisk together all ingredients below:
1 tsp sesame oil
1 tbsp soy sauce
1/4 tsp crushed red chili flakes
2 tsp ground sugar or icing sugar
1 tbsp white vinegar
1 tbsp balsamic vinegar
1/4 cup oil

Preparation

- 1 Heat some oil in a pan on low-medium heat.
- 2 Place the salmon fillets in the heated oil and allow it to fry for 3 minutes on each side.
- 3 Lightly fry the salmon (with the garlic) till fillets are no longer dark pink on the inside.
- 4 Then throw in the garlic and allow it to saute while the salmon fillets are cooking.
- 5 Chop the mango slices and keep aside.
- 6 Then toss the chopped/cooked spinach in a bowl with the balsamic vinegar, chili flakes, and chopped onion and cilantro.
- 7 Finally, place the salmon on the plate and top it with the mango and the spinach mix.
- 8 Pour some Asian sesame dressing on top, along with some whisked cream.
- 9 Serve with some steamed rice or salad.

Cooks Note