



Ginger Crusted Salmon with Sesame Peanut Vinaigrette

Preparation Time: 15 mins

Cooking Time: 15 mins

Serves: 2

Difficulty: Intermediate

INGREDIENTS

2 fillets North Atlantic Salmon (6-7oz)
¼ cup finely minced ginger
¼ cup green onion minced
¼ cup olive oil or peanut oil
½ cup fine breadcrumbs
1 ½ cups julienne carrots and snow peas
1 tablespoon butter
½ cup sesame-peanut vinaigrette
Salt and pepper to taste

Sesame-Peanut Vinaigrette

¼ cup smooth peanut butter
¼ cup honey
¼ soy sauce
½ cup seasoned rice vinegar
¼ cup coarsely chopped ginger
2 tablespoons ginger minced
¼ cup sesame oil
1 teaspoon cayenne pepper

Note:

I use a microplane to mince the ginger and green onion

DIRECTIONS

1. Preheat oven to 400f/204c
2. In a stainless-steel bowl, place green onions and ginger and season with salt
3. In a frypan, heat oil in pan until almost smoking, then pour over the ginger mixture in the bowl. Take extreme care.
4. Add 1 tablespoon olive oil to the pan and heat to medium-high. Add salmon, searing each side until golden brown.
5. Transfer salmon to a baking dish and top with the ginger mixture. Sprinkle breadcrumbs on top.
6. Bake in oven for approximately 7 minutes or until cooked through.
7. Steam (5 mins) or microwave (1.5 mins) julienne carrots.
8. Steam (3 mins) or microwave snow peas (1 min) separately.
9. Drain water and mix the melted butter with the carrots and snow peas.

Sesame-Peanut Vinaigrette

10. Combine all the ingredients in a food processor, process until smooth.

Serve with Wasabi Mashed Potatoes – see recipe