Seared Salmon / Tuna Salad

Plating: Large Sushi Bowl; Ramekin



Large Sushi Bowl; Ramekin

Contains Fish - Sesame - Nuts - Peanuts

INGREDIENTS

- 100g seared salmon/tuna
- 40g mix lettuce
- 50g sushi veg
- 30g avocado
- 5g sesame oil
- 3g spring onion
- 5g tobiko
- 1g 7 spices
- 5g roasted almond flakes
- 50ml peanut dressing

METHOD

1. Cut the salmon/tuna.
2. Add oil and torch.
3. Add mix lettuce, sushi veg and spring onion in the bowl
4. Add the sesame oil.
5. Then add first the salmon/tuna then avocado and sprinkle the almonds over the salad.
6. Garnish with 7 spice and tobiko on the side of the plate