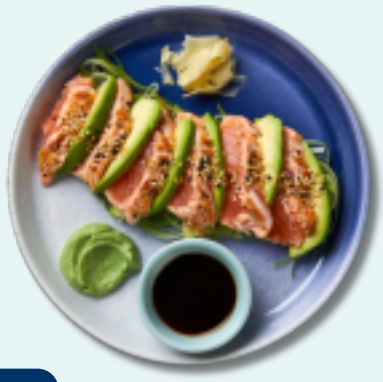
Seared Salmon Salad

Lightly seared salmon and avocado layered over shredded cucumber with ponzu.



Small coloured plate with small sauce bowl.

Contains Fish - Gluten - Soy - Sesame

INGREDIENTS

- 72g salmon fillet
- 48g avocado (6 x 8g slices)
- 60g cucumber (shredded)
- 30ml ponzu sauce (2 tbsp)
- 2g sesame seeds (toasted)

METHOD

1. Season the salmon fillet with salt, black pepper and garlic oil.
2. Send salmon to the grill line to be lightly seared on the flat top grill.
3. Make a bed of julienned cucumber in the center of a small coloured plate.
4. Slice the grilled salmon into 6 equal pieces.
5. Alternate slices of avocado and salmon on top of the cucumber.
6. Sprinkle sesame seeds over the top.
7. Garnish by placing the wasabi, and ginger on the plate.
8. Place a small sauce bowl with 30ml of ponzu sauce on the plate.

GARNISH

- 5g wasabi
- 10g ginger

EQUIPMENT

- Chopping board
- Julienne peeler
- Sushi knife
- Vegetable knife

WATCH THE METHOD

How to fillet a salmon https://www.youtube.com/watch?v=swG_SQJ_YgA