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Sesame & Wasabi Crusted Salmon With Superfood Slaw

Wasabi, sesame and salmon are a combination made in heaven. Super quick to prepare and packed full of superfood goodness.

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Ingredients

Salmon

2 salmon fillets with skin on
wasabi paste to taste
2 tbs black sesame seeds
sesame oil

Superfood Slaw

2 tbs hemp seeds
2 radishes sliced thinly
1 large kale leaf, (stem & stalk removed),
slice thinly
¼ wombok cabbage finely shredded
200g edamame beans shelled
rind of 2 limes
1 red chili seeded and finely sliced

Dressing

¼ cup kewpie mayonnaise
wasabi paste to taste
2 limes juiced
2-3 drops of "DoTerra" lime oil
dash of tamari to taste

Preparation

Salmon

1. Spread wasabi paste over the salmon skin.
2. Press the skin side of salmon into sesame seeds to cover.

3. Heat the pan to medium-high, I like to use a nonstick pan or teppanyaki grill to cook the salmon on. Let it get nice and hot then add the sesame oil.
4. Place the salmon, sesame crusted side down on the pan. Using a spatula gently lift the skin away from the pan so it doesn't stick, cook for approx. 2 minutes.
5. Turn the salmon over and cook for another 2 minutes. Make sure the salmon is still slightly rare inside when you remove it from the grill because it will continue to cook.

Superfood Slaw

Combine all ingredients into a bowl and combine thoroughly.

Dressing

1. Combine all ingredients into a jug and blend together until the wasabi paste is mixed into the mayonnaise with no lumps. I prefer my dressing to be on the thinner side so add more lime juice or water. Taste the dressing as you mix and adjust to achieve the desired flavour.
2. Pour dressing into the hemp and superfood slaw, toss to combine.
3. Serve the salmon on top of the superfood slaw.



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