



Salmon with sesame crust, *green salad and*

horseradish cream dip

Portions: 2-3

Preparation time: 30-40 mins

INGREDIENTS



For the marinated onions:

2 red onions, cut into fine rings
80 ml lemon juice
2 tablespoons sugar
1 tablespoon fresh dill
Sea salt, black pepper

1 teaspoon dried chilli flakes
1 teaspoon salt flakes
2 tablespoons sesame seeds
1 teaspoon dried mint
4 x 180 g salmon fillet (with skin)
Olive oil
Baby spinach leaves, washed
Fennel, cut thinly
Fresh herbs (e.g. cress)

For the horseradish dip:

2 tablespoons horseradish cream
1 tablespoon lemon juice
2 tablespoons natural yoghurt
150 g mayonnaise
Salt and pepper

PREPARATION



1. For the marinated onions, mix the ingredients with plenty of salt and pepper.
2. For the horseradish dip, mix all ingredients together and season them with sugar, salt and pepper.
3. Mix chilli, salt, sesame and mint. Rub oil into salmon and apply herb mixture to lower side. Sear on the skin for 5 minutes in a non-stick pan at high heat, then turn over and cook for another 2-3 minutes. Cut into pieces and serve with marinated onions, vegetables and fresh herbs.
Add horseradish dip.



Bon appétit!