

Salmon Fillet with pungent Asian Sauce served with Spinach and Kumara Hash Browns



Serves two, and don't forget Salmon is rich in omega 3's (essential oils for all aspects of our health) and antioxidants. Our New Zealand Regal Salmon is of very high quality and good for the whole family.

The Sauce

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| <input type="checkbox"/> | 1 knob of fresh ginger, finely chopped or grated | <input type="checkbox"/> | grated zest and juice of 1 lime |
| <input type="checkbox"/> | 2 fat cloves of garlic, finely chopped or crushed | <input type="checkbox"/> | Tamari sauce to taste (about 1 tablespoon) |
| <input type="checkbox"/> | 1 teaspoon dried chilli flakes | <input type="checkbox"/> | 2 teaspoons of toasted sesame seeds |
| <input type="checkbox"/> | 1 teaspoon honey | | |

- Mix this all together in a small bowl and set aside.

The Kumara Hash Browns

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|--------------------------|---------------------------------------|--------------------------|---|
| <input type="checkbox"/> | 1 medium sized kumara, grated | <input type="checkbox"/> | salt and pepper to taste |
| <input type="checkbox"/> | 1 tablespoon-ish of chopped coriander | <input type="checkbox"/> | extra virgin olive oil (EVOO) for cooking |

- Lightly oil and heat a pan to hot but not smoking (I use my electric fry pan for this).
- Divide seasoned kumara into 4 equal portions.
- Place each portion onto heated pan forming "hash" cakes about 1 cm thick.
- Gently press down.
- Fry for a few minutes until edges look crunchy and golden.
- Turn and fry other side until golden.

The Fish

- Lightly coat a heavy bottomed skillet with EVOO and heat until oil hot but not smoking.
- Place serving size pieces of salmon onto skillet, skin side up, and cook until fillet is lightly browned and cooked about 1/3 of the way through.
- Turn and cook for another 2 or 3 minutes, depending on thickness.
- Salmon is best to be served "medium rare".
- Transfer on to a stack of cooked fresh spinach layered with Kumara Hash Browns.
- Liberally coat with the sauce.
- Enjoy!