



For Seared salmon:

120g Three Streams salmon or trout portion
1 tablespoon toasted sesame seeds
½ teaspoon salt

Mix sesame seeds and salt. Roll salmon in mix - ensure the fish is covered evenly.
Heat oil on griddle plate and sear on all sides - approx. 20-30 seconds each side
Must only be cooked outside and very pink inside.

For the Salad:

¼ apple julienne
Small pinch of turnip julienne
2 large pinches of soaked seaweed
1 hand full of baby salad mix and Teaspoon shredded mint

Serve with Ponzu sauce