

# < Sesame Seared Salmon

SERVINGS: 

4

PREP: 5 minutes

CALORIES: 280

COOK: 10 minutes

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PESCATARIAN, DAIRY-FREE, NUT-FREE, EGG-FREE, GLUTEN-FREE

Salmon is one of the most convenient proteins to cook up on a busy weeknight. Not only is it incredibly delicious and loaded with healthy fats, but it cooks up in absolutely no-time. These sesame-crusted salmon fillets are wonderful served up with our delicious zesty dipping sauce!

## INGREDIENTS

- 4

salmon fillets (4oz)
- 1 tsp

red pepper flakes
- 2 tbsp

sesame seeds, white and black
- 1 tbsp

oil
- 2 tbsp

tamari
- 2 tbsp

rice vinegar
- 1 tbsp

honey
- 1 tsp

grated fresh ginger
- 1

lime, zest and juice
- 1

green onion, thinly sliced
- Salt and pepper to taste

## DIRECTIONS

Season the salmon with the red pepper flakes, salt, and pepper.

Spread the sesame seeds on a small plate. Press the top of each salmon fillet into the sesame seeds to form a sesame crust. Set them aside.

In a large nonstick skillet, heat the oil over medium-high heat. Arrange the salmon, skin side down on the skillet. Cook until the skin is golden, about 5 minutes. Flip the salmon and continue to cook until the remaining side is golden, about 2 to 3 minutes.

Meanwhile, in a small bowl, whisk together the tamari, rice vinegar, honey, and ginger. Add the lime zest, lime juice, and green onions.

Serve the salmon immediately with the dipping sauce.

## NUTRITIONAL INFO