



Seared Salmon with wasabi mayo and wilted Asian greens

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Ingredients

- sashimi-grade tuna - soy sauce - Fried shallots. - various Asian greens. - wasabi paste - mayonnaise.

Instructions

Fish. It's good for what ails you. Brain food and all of that. Omega 3's. BUT, a lot of people are put off by it. here's an easy peasy recipe that any doofus can do and look like a pro. First, buy the best quality, sashimi grade tuna or salmon fillets you can get your hands on. You can pay up to \$10AUS a fillet, but believe me, it's worth it. Marinate in some light soy and some fried shallots (available in big buckets for next to nothing from an Asian grocer. In a random bowl, mix some good quality mayo (I use Hellmans', Best Food's or Thomy.. as long as it's a good quality egg yolk mayo) and a goodly squirt of wasabi. Allow this to sit in the fridge for at least an hour, while your fish marinates... While you're waiting, prep your greens. Today I used some baby bokchoy and some snow pea sprouts and something that looked like broccolini. Buy more greens than you think you need. They wilt down to almost nothing. Add a goodly splash of sesame oil to your wok and get it smokin'. Add the fish skin side down. Fry off until the colour juuuuuust appears 1/2 way up the sides of the fillet. Flip. Fry on this side for only a minute or two. Set aside to rest. Add a splash more sesame oil and re heat to smokin' add greens and a good splash of soy or terryaki marinade. run a packet of udon noodles under hot water in a colander. drain well and add to wok. toss to combine... Pile greens on plate.. top with salmon, dollop on wasabi..