



Pan-fried herbed salmon

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 salmon - 1 tsp coriander leaves, chopped - 1/2 tsp cumin - 1/2 tsp mustard seeds - 1/2 avocado - 1/3 red onion - Dash of tabasco - 1 corn - Spinach leaves - 1/2 tomato

Instructions

I wanted to make a fresh & healthy dinner so I decided on this pan-fried herbed salmon with avocado salsa, corn-on-the-cob and salad. All up, it only took 10+ mins to cook and maybe another 5-10 mins to put everything together - simple, healthy, and deeeelish! 1. Rub coriander, cumin, mustard seeds, salt & pepper on salmon 2. Panfry skin-side down for a few mins until crisp, then flip 3. Mash avocado with red onion and tabasco, add pepper to taste 4. Microwave corn with husk (silks removed) for 5 mins on high. Stand 3 mins. 5. Place everything on plate and serve with spinach & sliced tomato.