



VIBRANT HEALTH INTEGRATIVE NUTRITION

# Asian-Inspired Salmon

Serves 2-3



## YOU WILL NEED

\* 1 and 1/2 - 2 pounds of salmon

### THE MARINADE:

- \* 1 tbsp Dijon mustard
- \* 2 tbsp toasted sesame oil
- \* 1 1/2 tbsp coconut aminos or soy sauce
- \* the juice of 1 lime or lemon, divided
- \* pinch of pepper

\* 1-2 tbsp avocado or coconut oil

### GARNISH OPTIONS:

- \* 1-2 tsp sesame seeds
- \* chopped scallions
- \* lime or lemon wedges

## INSTRUCTIONS

- \* Place the salmon, skin side down (if your fish has skin) into a shallow bowl.
- \* In a small bowl, whisk together the Dijon mustard, sesame oil, coconut aminos or soy sauce, the juice of 1/2 lime or lemon (save the other half), and pinch of pepper.
- \* Drizzle half of the marinade over the salmon, gently rubbing it into the fish, and marinate for 10 minutes, but no longer than 30 minutes. Set aside the other half of the marinade, for serving.

## TOP TIP

Salmon is filled with anti-inflammatory and healing Omega 3 fatty acids. The typical American diet of processed and packaged foods is heavy in inflammatory Omega 6 fatty acids. Not all Omega 6s are bad, however. Nature supplies us with *healthy* sources of Omega 6s from various seeds and nuts. The bottom line is that our bodies love a balance of these fatty acids: Omega 3, 6, and 9s. As with most things in life, it's all about *balance*. So cut down on the processed and packaged foods, and bring in the bounty of nourishing and whole foods. Your body will thank you.



- \* Heat the oil in a skillet over medium-high heat.
- \* Gently lay the salmon into the pan, skin side up, and cook until golden brown, approximately 5-7 minutes. You will know when it is ready to flip, as the salmon will release easily with a spatula when turned.
- \* Once the salmon is flipped, drizzle with the remaining 1/2 lime or lemon, and cook for 4-5 minutes. Be careful not to overcook. The salmon will cook a bit more after removed from the pan, as it sits.
  
- \* Transfer to a plate or platter, skin side down, and drizzle with reserved marinade. Let the salmon rest for 10 minutes.
- \* Once rested, sprinkle with sesame seeds (which are even better if toasted!)
- \* Garnish with chopped scallions, and lime or lemon wedges, as desired.