INGREDIENTS

- 4 salmon fillets - 150 grams/6 oz
- 2 tbsp grated ginger
- 1/4 cup soy sauce or liquid aminos
- 2 tbsp sesame oil
- 1 tbsp coconut oil

PROCEDURE

1. In a small mixing bowl, add your grated ginger, soy sauce, and sesame oil and mix well. Add your salmon fillets and coat each side in the sauce.

2. Heat a large, non-stick pan with coconut oil. When hot, add your salmon fillet, skin side down. Sautee for 5 minutes, before flipping and cooking for a further 6 minutes.

3. Remove the salmon from the pan and let sit for 1 minute, before serving.

NOTES

To Store:
Leftover seared salmon can be stored in the refrigerator for up to 3 days. Reheat in the microwave for 30-40 seconds, or on the stovetop using a non-stick pan.