Lunch

Crispy Sesame Salmon with Green Bean Salad

Oven-baked salmon steaks in a spiced sesame crust are served flaked over a crisp salad of green beans, tomato, shredded lettuce and red onion. A balsamic drizzle ties the whole plate together.



Low sugar

30 min	408	7.2 g	6.3 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] juice half lemon
- [ ] 2 tsp toasted sesame oil
- [ ] 2 tsp Chinese five-spice
- [ ] 2 salmon steaks (approx. 120g each)
- [ ] 1 tbsp sesame seeds
- [ ] 1 tsp sunflower oil
- [ ] 200 g fine green beans, trimmed
- [ ] 2 tomatoes, chopped
- [ ] half small red onion, finely chopped
- [ ] 1 little gem lettuce, finely shredded
- [ ] 2 tsp balsamic vinegar

Method

- [ ] **1** Heat the oven to 180C/gas 4.
- [ ] **2** Whisk the juice of half the lemon with the toasted sesame oil and Chinese five-spice, then turn the salmon steaks in the mixture until fully coated.
- [ ] **3** Lay the coated steaks on a plate, sprinkle over the sesame seeds and press gently so they stick to every side.
- [ ] **4** Brush a baking sheet with the 1 tsp sunflower oil, place the salmon on it and scatter any seeds left on the plate over the fish.
- [ ] **5** Bake for 12-15 minutes until the crust is golden.
- [ ] **6** Meanwhile, boil the fine green beans for 3-4 minutes, then plunge them into cold water to cool.
- [ ] **7** Toss the cooled beans with the chopped tomatoes, red onion and shredded little gem lettuce, then divide the salad between two plates.
- [ ] **8** Flake the baked salmon over each salad and drizzle with the balsamic vinegar before serving.

Nutrition Facts

Per serving

Calories	**408**
Total fat	27.8 g
Saturated fat	4.8 g
Sodium	Not listed
Total carbs	7.2 g
Fiber	5.8 g
Total sugars	6.3 g
Protein	29.5 g

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