

Sesame salmon skewers, exotic salad with fresh cilantro

Recipe for 24 tapas



Description

Skewers of Atlantic salmon with honey-soy glaze and sesame seeds, mango and minced Chinese cabbage salad with fresh coriander.

Note

You do not need a very ripe mango for this recipe since a green mango adds a little acidity, which is welcome in a salad.

Ingredients

For the salmon skewers

- 4 Unit(s) Salmon steak
- 30 Ml Sesame seeds
- 30 Ml Black sesame seeds

- Olive oil
- Vegetable oil
- Salt and pepper

For the glaze

- 30 Ml Honey
- 30 Ml Roasted sesame oil
- 60 Ml Soy sauce

- Olive oil
- Vegetable oil
- Salt and pepper

For the salad

- 1 Unit(s) Fresh mango
- 0.50 Unit(s) Chinese cabbage
- 1 Small Red onion
- 10 Sprig(s) Fresh cilantro
- 1 Unit(s) Lime

- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

- Preheat your **four** at **400 F°**

General preparation

Remove the skin and cut each salmon fillet into 4 or 6 cubes for the tapas. Toast the sesame seeds in the oven for 4 minutes. Cut the mango into cubes. Chop the red onion and cabbage. Take the cilantro leaves out from the stem.

Salmon skewers preparation

Skewer the salmon cubes on a bamboo skewer. Quickly sear the skewers in a pan with a drizzle of vegetable oil. In a small bowl, mix the sesame oil, honey and soy sauce and brush the salmon skewers with this glaze. Finish cooking the skewers in the oven for 4 minutes. Brush the skewers again with the glaze and sprinkle with sesame seeds.

Salad preparation

Mix cabbage, red onion, mango, cilantro, lime juice and a drizzle of olive oil. Season with salt and pepper.

To serve

Put a little exotic salad with fresh coriander on your plate and place the skewers of salmon on top.

Bon appétit!