

Wafu® **Seared Salmon**

4 x 180g (6 oz) Salmon fillets
2 tablespoons Virgin olive oil
Flour for dredging
Granulated sea salt or kosher salt to taste
Freshly ground black pepper to taste
Lemon wedge for garnish
Wafu® Original Japanese Vinaigrette

1. Wash salmon fillets and pat dry.
2. Place flour on plate.
3. On separate plate, season both sides of salmon fillets with salt and pepper. Next, dip each fillet in flour and pat off excess.
4. Heat frying pan with olive oil over high heat and cook salmon for 1½ minutes on each side.
5. To serve, place some spinach on each plate and top with piece of salmon.
6. Dress salmon fillets with Wafu® Original Japanese Vinaigrette (to taste).
7. Garnish plate with lemon wedge.

Serves 4.

For a lower calorie option, try Wafu® Original Light.

Another way to dress with Wafu®, Japanese-style.

www.wafu.ca

WAFU®