



Molloy's Fish Market

— Est 1968 —

Sesame Crusted Salmon

SERVES 2



INGREDIENTS

- 2 Salmon darnes from Molloy's Fish Market
- 4 tablespoons sesame seeds
- Splash of olive oil for frying
- Tartare sauce or mayonnaise

HOW TO:

- Cut the fish into thick, 2-inch long strips
- Place into a bowl with the sesame seeds and gently mix, until all the fish is coated with sesame seeds (You may need to press the fish into the seeds to help them to stick)
- Heat the oil in a non-stick frying pan, and add the fish
- Fry over a medium heat turning gently until all the sides are golden and crispy
- Remove and drain on absorbent kitchen paper

