

Sesame & Soy Seared Salmon with Sugar Snap Peas & Mango

Servings

4

Calories

380

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Medium

Ingredients

- 4 cups Mann's Stringless Sugar Snap Peas
- 4 cups Mann's Better Romaine lettuce, chopped
- 16 ounces salmon fillet, cut into 4 portions
- 1 mango, ripe, peeled
- 2 scallions, thinly sliced
- 2 tablespoons cilantro, chopped (plus leaves for garnish)
- 1 clove garlic, crushed
- 1 teaspoon ginger, fresh, grated
- 1 tablespoon sesame seeds, toasted
- 3 tablespoons soy sauce
- ¼ cup rice wine vinegar
- 4 tablespoons vegetable oil



The Method

Heat large skillet over medium high heat. Add 1 tablespoon of oil to coat bottom. Add Mann's Stringless Sugar Snap Peas; turn heat to high and stir-fry 1 minute. Drizzle with 1 tablespoon of water; stir-fry until crisp tender, about 1 minute. Add ginger and stir-fry to coat, 10 seconds. Transfer to large serving bowl.

Add 1 tablespoon of oil to the skillet and reheat over medium-high heat. Add salmon carefully turning once or twice with a wide spatula until cooked through, about 4-6 minutes. Drizzle soy sauce evenly over salmon and turn to coat; cook 1 minute. Sprinkle with sesame seeds. Remove skillet from heat. Transfer salmon to a side dish.



Sesame & Soy Seared Salmon with Sugar Snap

Add remaining 2 tablespoons of oil, rice vinegar and garlic to skillet. Stir to blend. Add lettuce, mango, half of the scallions and cilantro to Mann's Sugar Snap Peas. Pour half of the dressing over top and toss to combine. Divide among 4 plates. Place salmon on top and drizzle with remaining dressing. Garnish with remaining scallions and cilantro leaves.

Nutrition Facts

Servings Size: 528g | Serving: 4

Amount Per Serving

Calories 380 (Calories from Fat 180) | Total Fat 21g (sat fat 2.5g trans 0g | Cholesterol 50mg | Sodium 970mg | Total Carbohydrate 22g | Dietary Fiber 4g | Sugars 13g | Protein 27g | Vitamin A 110% | Vitamine C 70% | Calcium 4% | Iron 8%