

Salmon with avocado and bean salsa

Total time **27 mins** 15 mins preparation time 12 mins cooking time

INGREDIENTS

4 portion(s)

4	salmon fillets
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	sunflower oil
1	avocado, peeled and chopped
75 g	ripe cherry tomatoes, halved
400 g	can cannellini beans, drained
0.5	cucumber, deseeded and finely chopped
0.5	red onion, finely chopped
1 tbsp	freshly chopped coriander, plus extra to garnish
2 tsp	red wine vinegar
2 tbsp	extra virgin olive oil
	Lime wedges, to serve

PREPARATION

Step 1

Place the salmon in a dish and pour over 2tbsp of Kikkoman Soy Sauce and the sunflower oil. Leave to marinate.

Step 2

For the salsa, put the avocado, tomatoes, beans, cucumber and red onion in a bowl with the coriander. Pour over the red wine vinegar and extra virgin olive oil and the remaining soy sauce. Toss gently to mix everything together.

Step 3

Heat a non-stick frying pan and dry fry the salmon skin-side down for 5min until crisp. Turn over and continue to fry for 3-5min until opaque, and still just pink in the middle.

Step 4

Divide the salmon and salsa among four plates, garnish with a sprig of coriander and serve each with a wedge of lime.