



***PREP TIME : 10 MIN***

***COOK TIME : 15 MIN***

***SERVES : 4***

***Ingredients :***

- ***4-5 oz. (140 g) salmon steaks, rinsed and patted dry***
- ***1/4 cup (60 mL) sesame seeds***

***Marinade:***

- ***grated zest and juice of 1 lime***
- ***1/4 cup (60 mL) VH<sup>®</sup> Honey Garlic Cooking Sauce***
- ***4 green onions (shallots, thinly sliced)***
- ***Dash Tabasco sauce***
- ***2 Tbsp (30 mL) fresh thyme or tarran (2 tsp (10 mL) if dried)***
- ***Pepper to taste***

***Directions :***

- 1. Combine marinade ingredients and pour over salmon.***
- 2. Cover & refrigerate for at least 2 hours.***
- 3. Drain excess liquid from salmon steaks and roll each one in sesame seeds.***



# Succulent Sesame Salmon

*4. In a small amount of oil, fry fish in a non-stick pan for 5-6 minutes on each side. While the salmon is cooking, add marinade to pan to use as sauce. Do not overcook; the flesh should remain tender.*

*5. Serve immediately, along with a salad and a side dish of rice garnished with peas.*

*A quick supper with Canada's favourite fish.*