



Sesame Salmon Rolls with Wasabi Mayo



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



70 kcal

Ingredients

- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup sesame seed
- ☐ 7 shichimi-togarashi
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoon wasabi powder dried

Equipment

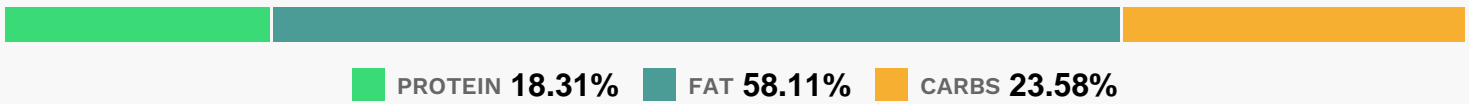
- ☐ bowl
- ☐ frying pan

- ☐ knife
- ☐ toothpicks

Directions

- ☐ Prepare the wasabi mayo.
- ☐ Mix the wasabi and maynaisse together in a small bowl. Set aside.Prep the salmon rolls. Using a very sharp knife, slice each fillet open to creat one piece approximately 2-inches by 8-inches, and about ½-inch thick. To accomplish this start at the thinnest side of the fillet and slice horizontallly through the flesh taking care to leave one end intact, this is butterflying.
- ☐ Spread fillet open, and turn it over. Season it with with salt and pepper. Then spread about ½ teaspoon wasabi mayo all along it’s length. Tightly roll the fillet starting at thinnest end. Secure the roll closed with 1 or 2 wooden toothpicks. Repeat with remaining fillets.
- ☐ Heat a non-stick or cast iron pan over medium heat until hot, if you are worried about sticking add the tiniest amount of olive oil to the pan.
- ☐ Pour sesame seeds onto a small plate.
- ☐ Place a salmon roll in the pile of seeds thoroughly coat bottom, add a few shakes of shichimi-togarashi, if using. Repeat the process on the other side. Moving each roll to the hot pan as it get coated.Cook the salmon rolls until opaque almost halfway through, 4 or 5 minutes. Turn them over and cook until another 4 or 5 minutes.
- ☐ Remove them from the pan and let them rest a few moments while you prepare the sauce.In a small bowl mix the soy sauce and rice vinegar together. Divide this mixture evenly on the bottom of 4 shallow bowls or rimmed plate.
- ☐ Place one salmon roll in the center and put a dollop of the remaining wasabi mayo next to each salmon roll.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:6.3430434802304%

Nutrients (% of daily need)

Calories: 70.47kcal (3.52%), Fat: 4.75g (7.31%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 1005.63mg (43.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Copper: 0.42mg (20.76%), Manganese: 0.4mg (20.08%), Iron: 2.36mg (13.14%), Calcium: 123.97mg (12.4%), Magnesium: 43.94mg (10.99%), Vitamin K: 10.88µg (10.36%), Phosphorus: 81.45mg (8.14%), Fiber: 2.01g (8.02%), Vitamin B6: 0.12mg (6.14%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.85mg (5.64%), Vitamin B3: 1.08mg (5.41%), Selenium: 3.5µg (5%), Folate: 15.94µg (3.99%), Vitamin B2: 0.05mg (3.24%), Potassium: 99.86mg (2.85%), Vitamin E: 0.34mg (2.29%)