



Simple | Healthy | Delicious

Chia-crusted Salmon with Asian Greens & Tamari Dressing



INGREDIENTS

Gluten - Free

6 tablespoons chia seeds
4 x 6 oz skinless salmon fillets
2 bunches bokchoy (1 lb 9–12 oz), washed and trimmed
3 tablespoons oil
1 1/4 inch piece ginger, peeled and julienned
2 cloves garlic, thinly sliced
Noodles (see tip) or steamed brown rice, to serve

Tamari dressing

3 tablespoons oyster sauce (see tip)
3 tablespoons tamari (see tip)
1 1/2 tablespoons Chinese rice wine
1 teaspoon sugar

DIRECTIONS:

1. Press each salmon fillet in the chia seeds to evenly coat one side, then set aside.
2. Remove the stems from the bokchoy, cut in half if long and reserve. To make the tamari dressing, put all the ingredients in a small bowl and stir to dissolve the sugar.
3. Heat 1 tablespoon of the oil in a large nonstick skillet over high heat. Cook the salmon, chia side down, for 2–3 minutes or until golden. Turn and cook for a further 2 minutes (for medium) or until cooked to your liking. Set aside and keep warm.
4. Meanwhile, heat the remaining oil in a large wok or skillet over high heat. Add the ginger and garlic and stir-fry for 30 seconds. Add the bok choy and stir-fry for 1–2 minutes or until almost wilted. Add half the dressing and toss to combine.
5. To serve, divide the bok choy among serving plates, top each with a piece of salmon and drizzle over a little of the remaining dressing. Serve with noodles or steamed rice.
6. **Tip:** If you want this dish to be gluten free, make sure you use gluten-free noodles, oyster sauce and tamari.