

Nori Wrapped Salmon

PREP TIME: 10-15 MINS

COOK TIME: 15-20 MINS

YIELDS: 1 SERVING

Ingredients

- 1 salmon filet (6-8 oz portion)
- 1 tablespoon Dijon mustard
- Pinch of black pepper (~1/16 teaspoon)
- 1 nori/dried seaweed sheet

Qualities

Texture: Chewy

Rating for Scent : 4/10

Spice Level: 0/10

Recipe Benefits

- Anti-Nausea
- Gluten Free
- Dairy free



Nutrition Content for 1 Recipe

Calories: 299kcal

Carbohydrates: 1.9g

Fat: 13.4g

Fiber: 1.4g

Protein: 40.5g

Added sugar: 0g

Sodium: 461.1mg

Directions

1. Season the salmon with sea salt and black pepper.
2. Coat the salmon with Dijon mustard and rub in.
3. Wet fingertips with water and dap onto the nori, spreading the water around evenly. The nori will start to rehydrate.
4. Place the salmon at the edge of the nori.
5. Wrap the nori around the salmon, creating a roll/casing.
6. Warm a pan over medium heat with olive oil.
7. Once olive oil is hot, add the nori wrapped salmon to the pan.
8. Cover with a lid and allow to sear for 3-4 minutes, then turn to cook the other side.
9. Remove from the pan once both sides are crisp.
10. Serve hot.

Chef Tips/Adjustments

- This recipe can be roasted in the oven as well by placing on greased baking sheet. Preheat oven to 350 degrees and roast for 25-30 minutes.
- Salmon can be replaced with other meats for a variety of proteins.

