



“The Eyes Have It’, so keep them as sharp as you can. My recommendation has always been to eat foods that are rich in nutrition and support our overall bodies’ health. Adding a few essential ingredients to many of our everyday recipes will give our meals a boost of much needed nutrition, and thus better health.”

—Chef Georges Mokbel

SALMON AND HORSERADISH MARINATED VEGETABLE SUMMER ROLL

INGREDIENTS:

- 1 ½ pound of skinless salmon filet cut, horizontally into 1 inch strips
- 2 Tablespoons of olive oil for cooking plus an additional 2 Tablespoons for the salad
- Juice of one lemon
- 1 Tablespoon of grated horseradish
- 2 medium carrots peeled, sliced julienne
- 1 large English cucumber (discard the seeds), sliced julienne
- 1 large stalk of celery, sliced julienne
- 1 granny smith apple, sliced julienne
- bunch of mint leaves finely sliced
- ½ teaspoon of salt and fresh ground pepper plus additional for seasoning the salmon strips
- 4 dried rice papers
- black sesame seeds for garnish (optional)

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COOKING INSTRUCTIONS:

Heat the olive oil in a large nonstick pan on high heat. Season the salmon with salt and fresh ground pepper. When the oil is very hot, place the salmon strips in the pan and cook for 2 minutes. Using a spatula carefully turn the salmon on the other side and sear for another minute on low heat. Remove salmon. In a medium salad bowl, whisk the remaining olive oil, lemon juice, horseradish, and ½ teaspoon of salt and freshly ground pepper. Add the julienned vegetables and the sliced mint leaves. Toss to coat. Soak the dry rice paper in a large bowl filled with room temperature water for 10 seconds. Then lay it flat on a clean kitchen towel. Place the julienned vegetables in the center of the rice paper forming a thin line leaving a 1 inch border on each end. Add the salmon on top of the vegetables then roll tightly. Slice at an angle and serve. Sprinkle with the black sesame seeds.

Difficulty: Easy

Prep Time: 12 minutes

Cook Time: 6 minutes

Yield: 4 servings

