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Sesame Crusted Salmon

Ingredients:

- 1 - 8 oz wild-caught salmon, halved
- Pepper to taste
- 1/2 tbsp sesame seeds
- 2 tbsp coconut oil

PREPARATION:

1. Season the top of the salmon with pepper and sesame seeds.
2. Heat coconut oil in sauté pan over high heat.
3. Place salmon in pan, season side down and cook for 2 mins or until 1/3 salmon turns pink. Flip over and cook 2 more mins.
4. Remove from pan and cool.

This recipe goes well with the Ginger Dressing Slaw.