

salmon carpaccio

with fennel



 **Glucomen**

All recipes have been reviewed
by a diabetes dietician.

Original recipes from the book
Zilli Light by **Aldo Zilli**.



Aldo says...

Per serving; Energy: 315 kcal, Protein: 25 g

Fat: 28 g, Carbohydrate: 6.4 g

Unlike tuna, salmon is quite cheap and readily available. You can buy wild salmon in season but organic farmed salmon is available all year and is just as good. Lime is used in many of the recipes in my book – its flavour adds a fantastic zing to the food.

Serves: 4

*Preparation time: 40 minutes
(plus chilling)*

500 g (1 lb) sashimi/sushi-grade salmon

1 tablespoon extra virgin olive oil

1 tablespoon lime juice

2 tablespoons soy sauce

1 tablespoon chopped fresh dill

1 tablespoon chopped fresh coriander

salt and freshly ground black pepper

1 fennel bulb, thinly sliced

½ medium cucumber, thinly sliced

1 tablespoon sesame seeds, toasted

2 tablespoons finely chopped spring onions

grated zest of 1 lime

Wrap the salmon in cling film and freeze for 20-30 minutes until the fish is partly frozen; this will make it easier to slice. Remove the salmon from the freezer and unwrap. Using a sharp knife or a slicer, cut across the grain into thin slices. Arrange the salmon slices around a large platter.

Whisk together the oil, lime juice, soy sauce, dill and coriander. Season to taste. Toss the fennel slices in some of the dressing and place in the middle of the salmon. Arrange the cucumber slices over the salmon, then sprinkle with the sesame seeds, spring onions and lime zest and drizzle with more dressing. Leave in the fridge for 1 hour before serving.