

# Sesame encrusted Salmon with Roasted Pumpkin and Asparagus

## Ingredients:

Sesame encrusted Salmon with Roasted Pumpkin and Asparagus 400g salmon fillets, without skin  
16 spears of asparagus  
400g pumpkin  
½ cup sesame seeds  
2 limes  
Olive oil  
Peanut oil  
Sea salt and cracked black pepper

## Method:

1. Preheat oven to 180 degrees.
2. Peel and slice the pumpkin into 1cm sliced crescents.
3. Pour olive oil into pan, add pumpkin and sprinkle with sea salt.
4. Roast for about 20-30 minutes turning halfway, until golden.
5. Pour sesame seeds onto a plate and season the seeds, brush each piece of salmon with sesame oil, then coat the top and bottom of each piece with the seeds.
6. Fry salmon pieces in peanut oil in a med-hot pan until cooked to your liking.
7. For well done, it needs a good 10-15 minutes.
8. Steam asparagus for 1 minute.
9. Arrange about four pumpkin pieces per plate, topped with salmon and four asparagus spears and cracked black pepper. Serve with lime wedges.