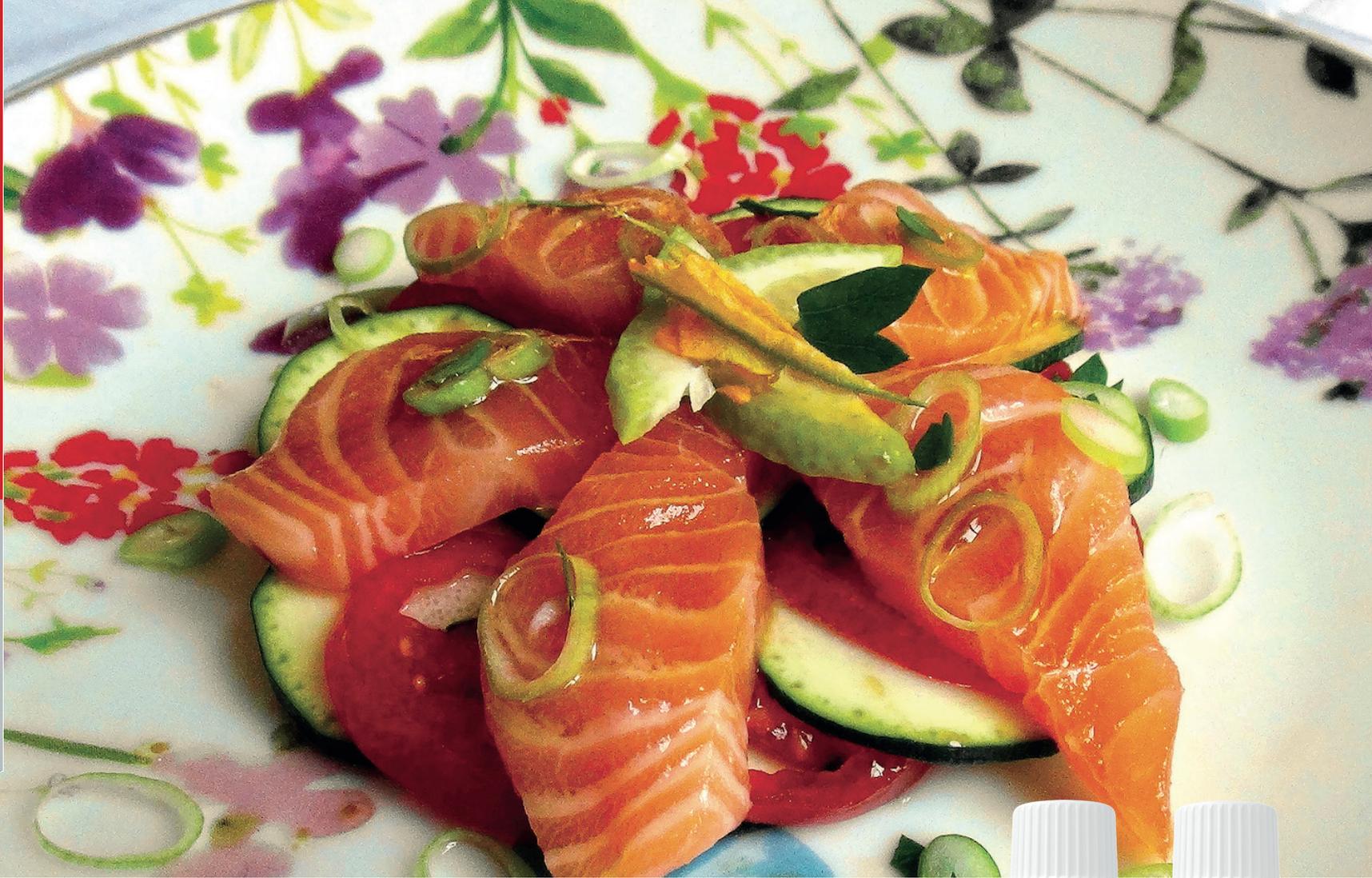


YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# SALMON CARPACCIO WITH ZUCCHINI AND TOMATO SALAD



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**SERVES** 2    **PREP TIME** 15 - 20 minutes

## A NOTE FROM CHEF KATE

*“This delicious recipe is perfect for a starter course. You can also increase the dish size to create a beautiful platter for a larger group. It’s simple yet elegant and easy to prepare – and almost everything can be prepared ahead of time. The Young Living citrus culinary essential oils really brighten the flavours! Serve on a bed of salad greens or on zucchini and tomatoes. It’s also tastes amazing when served with avocado slices.”*

## MAIN INGREDIENTS

- 250g Boneless salmon *Cured, smoked or cooked*
- 1 Small zucchini or cucumber
- 4-6 Large cherry tomatoes
- 1 Spring onion, thinly sliced on the diagonal
- 1 Lime or lemon
- A few parsley leaves
- Wasabi *For serving, optional*
- Zucchini flowers or other edible flowers *For serving, optional*

## DRESSING

- 1 tbsp. Fresh lime or lemon juice
- 3 tbsp. Olive oil
- 2 tbsp. Tamari, to taste
- 1-2 drops Young Living Lemon essential oil
- 1-2 drops Young Living Lime essential oil



## METHOD

1. Slice the salmon in thin, large bite size pieces (approx. 3 x 1.27 cm & 0.6 cm thick). If using smoked or cured salmon, the pieces may be a little thinner. Cover and place in the refrigerator until you are ready to assemble the dish.
2. Thinly slice the zucchini, tomatoes and spring onions and set aside.
3. Thinly slice a few lime or lemon pieces and chop some fresh parsley and set aside.
4. In a small bowl, mix the lime or lemon juice, olive oil, tamari and Young Living Lemon and Lime essential oils together. The mixture will separate a little so combine again right before serving.
5. You can keep all the prepped items refrigerated for a few hours until you are ready to assemble and serve the dish.
6. To assemble the dish, place a ring of sliced zucchini pieces on each plate (about 8 - 10 pieces), then place a ring of tomato pieces on top (about 6 - 8 pieces).
7. Top with 4 - 6 pieces of salmon and drizzle with dressing and then sprinkle over the spring onions and chopped parsley.
8. Top with a couple of slices of lime or lemon and a piece of zucchini flower or other edible flower and serve immediately.

**TIP:** Use boneless skinless salmon. If you are using fresh salmon, it helps to put it in the freezer for approx. 15 - 20 minutes before cutting to make it a little firmer.

**NOTE:** Try to use wild caught and sustainable seafood when possible. The quality of the raw salmon is the key to the success of the dish so ask your fish monger for the freshest. You can also use smoked, cured or cooked salmon if you prefer.