



**PAULANER 0,0%**  
*presents*



*My favourite fitness meal*

## MARCEL SABITZER

### SALMON WITH GINGER-LEMON MARINADE, LAMB'S LETTUCE AND PUMPKIN CRISPS

#### Ingredients

10 g *ginger*  
1 *pinch* *chilli flakes*  
1 *tsp* *medium hot mustard*  
1 *garlic clove*  
3 *tbsp* *soy sauce*  
3 *tbsp* *olive oil*  
1 *salmon fillet*  
150 g *lamb's lettuce*  
1/4 *pomegranate*  
1 *tbsp* *pomegranate vinegar*  
*Styrian pumpkin seed oil*  
*Hokkaido pumpkin*  
*Lemon & lime*  
*Cherry tomatoes*

#### Method

- 1.) Slice the Hokkaido pumpkin.
- 2.) Spread the pumpkin crisps on a baking tray and place in the preheated oven at 190°C for around 10-20 minutes.
- 3.) Prepare the marinade: Place the chilli flakes in a bowl, add the soy sauce, grated garlic & ginger, and the lemon zest to the marinade and let it stand for 15 minutes.
- 4.) Roast the pumpkin seeds without any oil.
- 5.) Prepare the salad dressing: Mix the pomegranate vinegar, olive oil, lemon zest, Styrian pumpkin seed oil, mustard & pomegranate, and salt & pepper together and stir (optional: halve the tomatoes and add them).
- 6.) Fry the salmon in olive oil skin side down (optional: add thyme).
- 7.) Brush the salmon with the prepared marinade and season with salt & pepper.
- 8.) Mix the lamb's lettuce & tomatoes with the prepared salad dressing and then grate some radish over the salad.

