



## Seared Salmon with Papaya Salsa (Serves 4)

4 pieces salmon steaks (approx. 1 inch thick and 175 grams each)  
¼ cup Marca Leon Corn Oil  
salt and ground black pepper  
1 cup chopped ripe papaya chunks  
120 grams cucumber  
2 pcs spring onions  
2 tbsp chopped fresh cilantro (or wansuy)

**FOR GARNISH:**

lemon wedges

Prepare the salsa by mixing papaya, spring onions, cilantro, salt and pepper in a bowl. Cover and chill in the refrigerator. To prepare the fish, season the fish and let it rest for 5 minutes. Pat with a paper towel to remove excess moisture. In a pan, heat Marca Leon Corn Oil on medium high heat for about 3-5 minutes. When the oil starts simmering, lay the fish in the oil, on its skin. Season the top with salt and pepper, then cook for 5 minutes. Flip and cook for 20-30 seconds on the other side. I choose Marca Leon Corn Oil because it's rich in Omegas and Phytosterols that are good for the heart. Serve the salmon with the papaya salsa on the side, and for the final touch, garnish with cilantro and lemon wedges. Bon appétit!

**TIP :**

To prevent your fish from breaking apart or burning easily, make sure that the surface of your pan is covered in oil, and that the fish is added to the pan skin-side down.