



White Fish Carpaccio

~ Coriander Sauce ~

Coriander has the ability to release heavy metals from the body, and when consumed with onions and garlic, it has a detoxifying effect that allows them to be expelled from the body. linseed oil is also rich in essential fatty acids, which help reduce inflammation and prevent atherosclerosis and blood clots.



Tray Tsunagu

<Ingredients> For 2 servings

■ Sauce

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|--------------------------|-------------------------------------|
| 1 bunch coriander | 1 filet of sashimi grade white fish |
| ½ lemon | 2 table spoon diced fresh mango |
| 1 tablespoon fish sauce | ½ teaspoon pink peppercorn |
| 1 green chili pepper | Coriander leaf for garnishing |
| A pinch of salt | |
| 1 clove garlic | |
| 1 tablespoon linseed oil | |

<How to Cook>

1. Finely chop the coriander for the sauce and mix with lemon juice, fish sauce, small green chilies, salt, grated garlic, and linseed oil.
2. Thinly slice the white fish and place on a plate.
3. Place thinly sliced purple onion, small slices of mango, pink peppercorn, and coriander on the white fish.
4. Season with salt to taste and drizzle with linseed oil.

