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1- 2 pound fillet of salmon

2 garlic cloves, minced

2 scallions, finely chopped, white, light green and dark green

1 tsp. sesame oil

2 TBS soy sauce - preferably reduced sodium

2 TBS rice wine vinegar

Rinse and pat dry the fish. Carefully remove the skin, without destroying the fish. Cut it into 4 even pieces. Place it in a bowl.

In a separate bowl mix all of the other ingredients. Pour over the fish and make sure to cover all of it. Cover the bowl and refrigerate for 30 minutes.

Heat a large skillet with a thin coat of olive oil. Remove the fish from the marinade - discard the marinade - and place into the hot skillet. Sear one side for 5 to 7 minutes and flip. Cook for an additional 5 minutes, or until fish is cooked through. Serve.

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