




### Product Spotlight: Green Apple


"An apple a day keeps the doctor away" is well-known nutrition advice! Apples help control insulin levels by releasing sugar slowly into the bloodstream. They are also full of vitamins C & A which will help battle the cold & flu!



## Salmon Sliders with Creamy Coleslaw

Pan-fried salmon fillets, flaked and served in adorable slider buns with creamy coleslaw and tart green apple matchsticks.

 20 minutes

 4 servings

 Fish

## Bulk it up!

*These sliders are perfect for sharing if you have guests coming over. To bulk up the servings, serve them with some grilled corn cobs, potato or sweet potato wedges, or barbecued vegetables skewers.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	18g	54g

## FROM YOUR BOX

AIOLI	1 sachet
COLESLAW	500g
GREEN APPLES	2
SALMON FILLETS	2 packets
SLIDER BUNS	8-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, ground paprika

## KEY UTENSILS

large frypan

## NOTES

Grate apple and add to coleslaw if desired,

Toast buns in a sandwich press if you have one.

**No gluten option** – slider buns are replaced with 4 larger GF buns.



### 1. TOSS THE COLESLAW

Add **aioli** to a large bowl along with **2 tsp vinegar**. Whisk to combine. Add **coleslaw** and toss to combine.



### 2. PREPARE THE APPLE

Finely chop **apples** into matchsticks (see notes).



### 3. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat **salmon** with **oil, 2 tsp paprika, salt and pepper**. Cook for 2-4 minutes each side until salmon is cooked to your liking. Remove to a bowl and keep pan over heat.



### 4. TOAST THE BUNS

Halve **buns**. Drizzle cut side with **oil**. Add to pan (see notes). Cook for 2-3 minutes until golden and toasted.



### 5. FLAKE THE SALMON

Use 2 forks to flake salmon.



### 6. FINISH AND SERVE

Build sliders with coleslaw, flaked salmon and apple matchsticks. Serve tableside.



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