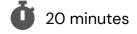




Crispy Skin Salmon

with Super Slaw

Salmon fillets served with a rainbow-coloured crunchy slaw, thinly sliced green apple, fresh red chilli and sunflower seeds.





2 servings



Spice it up!

You can add lime juice or sweet chilli sauce to the dressing for added flavour. Instead of seasoning with salt you can use soy sauce or fish sauce.

FROM YOUR BOX

SALMON FILLETS	1 packet
GREEN APPLE	1
RED CHILLI	1
KALE COLESLAW	1 bag (400g)
SUNFLOWER SEEDS	1 packet (50g)

FROM YOUR PANTRY

sesame oil, salt, pepper, apple cider vinegar, maple syrup

KEY UTENSILS

large frypan

NOTES

Toast sunflower seeds in a dry frypan for 3-4 minutes until golden if desired.

Use soy sauce, tamari, or fish sauce in the dressing for added flavour. You can also swap the maple syrup for honey if preferred.

Add chilli to taste if you prefer a milder dish.



1. PREPARE THE DRESSING

In a large bowl whisk together 3 tbsp sesame oil, 3 tbsp vinegar, 1 tbsp maple syrup, salt and pepper (see notes).



2. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon in 1 tbsp prepared dressing. Add to pan skin side down for 4 minutes until crispy. Turn over and cook for a further 3-4 minutes or until cooked to your liking.



3. MAKE THE SLAW

Meanwhile, slice apple and chilli (see notes). Toss in large bowl with dressing along with kale coleslaw until well coated.



4. FINISH AND PLATE

Divide crunchy slaw among plates. Serve with salmon fillets and garnish with sunflower seeds.

