



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Apple

Apples are best eaten with their skin on, as the skin contains an abundance of beneficial nutrients!



E4 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.

 20 minutes

 4 servings

 Fish

28 January 2022

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.

Per serve: **PROTEIN** 36g **TOTAL FAT** 35g **CARBOHYDRATES** 33g

FROM YOUR BOX

SALMON FILLETS	2 packets
GREEN APPLES	2
RED CHILLI	1
KALE COLESLAW	1 bag (400g)
ALFALFA SPROUTS	1 punnet
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 **1/4 cup sesame oil, 1/4 cup vinegar, 1 1/2 tbsp maple syrup, salt and pepper** (see notes).



2. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon in 2 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 apples and chilli (see notes). Toss in large bowl with dressing along with kale coleslaw and alfalfa sprouts until well coated.



4. FINISH AND PLATE

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

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

