



Product Spotlight: Salmon

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



Crispy Skin Salmon with Carrot Ginger Dressing

Crispy skin salmon fillets served with roasted sweet potatoes, a crunchy coleslaw salad with avocado and a vibrant carrot-ginger dressing. Finished with a sprinkle of Togarashi spice, this dish brings a balance of fresh, savoury, and zesty flavours to your plate.



35 minutes



2 servings



Fish

Bulk it up!

You can toss cooked rice vermicelli noodles through the salad for a more filling meal! Adjust the dressing as needed, add some orange juice or lime juice to stretch it out.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	27g	39g

FROM YOUR BOX

SWEET POTATOES	400g
CARROT	1
GINGER	40g
AVOCADO	1
SHALLOT	1
KALE COLESLAW	1 bag
SALMON FILLETS (SKIN ON)	1 packet
TOGARASHI SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, sesame oil, rice wine vinegar, sugar of choice, salt and pepper

KEY UTENSILS

oven tray, frypan, stick mixer or blender

NOTES

You can add some ground coriander or lime zest to the sweet potato before it roasts for added flavour.

Togarashi spice mix: mixed sesame seeds, GF lemon pepper, dried chilli flakes



1. ROAST THE SWEET POTATO

Set oven to 220°C. Dice **sweet potatoes**, toss with **oil**, **salt**, and **pepper** on a lined tray (see notes). Roast for 25–30 minutes until golden and tender.



2. PREPARE THE DRESSING

Peel and chop **carrot** and **ginger**. Blend with **2 tbsp sesame oil**, **2 tbsp rice wine vinegar**, **2 tsp sugar** and **1/3 cup water**, using a stick mixer until smooth. Season with **salt and pepper** to taste.



3. PREPARE THE SALAD

Dice **avocado** and thinly slice **shallot**. Toss with **kale coleslaw** (use to taste) in a bowl. Set aside.



4. COOK THE SALMON

Pat **salmon fillets** dry. Season with **1 tsp Togarashi** and **salt**. Heat **oil** in a frypan over medium-high. Place **salmon** skin-side down and cook for 3–4 minutes to crisp. Flip and cook for another **2–3 minutes** or until cooked to your liking.



5. TOSS THE SALAD

Add **roast sweet potatoes** and **carrot dressing** to **salad**. Toss well to coat.



6. FINISH AND SERVE

Serve **salmon** with **dressed salad**. Sprinkle with remaining **Togarashi spice** (use to taste).



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