



Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Pan-Fried Salmon with Green Chilli Coconut Sambal

Pan-fried skin on salmon fillets, served with roasted vegetables, a zesty lime and green chilli coconut sambal and flavourful spiced curry leaf oil.

 40 minutes

 2 servings

 Fish

Bulk it up!

To bulk up this dish, add some extra veg to the roasting tray such as sweet potato, butternut pumpkin, zucchini, red onion or drained chickpeas.

Per serve: **PROTEIN** 26g **TOTAL FAT** 23g **CARBOHYDRATES** 20g

FROM YOUR BOX

| | |
|------------------------|----------|
| CAULIFLOWER | 1/2 |
| CARROTS | 2 |
| GINGER | 1 piece |
| GREEN CHILLI | 1 |
| LIME | 1 |
| DESICCATED COCONUT | 40g |
| CURRY LEAVES | 1 frond |
| RAITA SPICE MIX | 1 packet |
| SALMON FILLETS SKIN-ON | 1 packet |
| MESCLUN LEAVES | 60g |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, curry powder, white wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

To spice down the sambal, remove seeds from chilli, or omit chilli and slice to serve as desired.

Raita spice mix: black mustard seeds, fennel seeds, cumin seeds, flaked sea salt



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** in to florets and cut **carrots** into angular pieces. Toss on a lined oven tray with **3 tsp coriander, salt and pepper**. Roast for 15–20 minutes until golden and tender.



4. COOK THE SALMON

Coat **salmon** in **oil, 1/2 tsp curry powder, salt and pepper**. Place skin-side down in pan and cook for 2–4 minutes each side until cooked to your liking.



2. BLEND THE SAMBAL

Peel and grate **ginger**, finely chop **chilli** and **zest lime**. Combine with **juice of 1/2 lime** (wedge remaining), **desiccated coconut** and **1–2 tbsp water**. Season to taste with **salt**.



5. DRESS MESCLUN LEAVES

Add **mesclun leaves** to a bowl and toss with **2 tsp vinegar**.



3. MAKE THE CURRY LEAF OIL

Heat a frypan over medium–high heat with **3 tbsp oil**. Add **curry leaves** and **raita spice mix**. Cook for 3–5 minutes until fragrant and **leaves** are crispy. Remove to a bowl and keep pan over heat.



6. FINISH AND SERVE

Divide **mesclun leaves** and **roast vegetables** among plates. Divide **sambal** onto plates. Top with **salmon fillet** and drizzle over **curry leaf oil**.



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