

**Product Spotlight:
Cashews**

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



Spiced Salmon with Cauliflower and Cashew Rice

Pan-fried cauliflower and cashew rice, served with skin-on salmon, spiced curry leaf oil, fresh mint and cucumber salsa and slices of green chilli!



30 minutes



2 servings



Fish

Spice it down!

Remove the seeds from the green chilli to reduce the heat. Also check your curry powder, some can have quite a kick! Use less for a milder heat.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	33g	15g

FROM YOUR BOX

CAULIFLOWER	1/2
SALTED/ROASTED CASHEWS	1 packet
BROWN ONION	1
GARLIC	1 clove
LEBANESE CUCUMBER	1
MINT	1 packet
GREEN CHILLI	1
CURRY LEAVES	1 frond
RAITA SPICE MIX	1
SALMON SKIN ON	1 packet

FROM YOUR PANTRY

coconut oil, curry powder, salt, pepper, white wine vinegar

KEY UTENSILS

2 frypans, food processor

NOTES

If you don't have a food processor you can grate your cauliflower or use a knife to finely chop it. Alternatively, cut in into florets and roast.

Cook the cauliflower rice for longer and stir less to create more of those delicious crispy bits.

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



Scan the QR code to
submit a Google review!



1. PREPARE THE CAULIFLOWER

Roughly chop **cauliflower**. Add to food processor (see notes) and process to a fine texture.



2. PREPARE THE INGREDIENTS

Roughly chop **cashews**, dice **onion** and crush **garlic**. Crescent **cucumber**. Pick **mint leaves** and thinly slice **chilli**.

Season **salmon** with **salt** and **pepper** and set aside.



3. COOK CAULIFLOWER RICE

Heat a large frypan over medium-high heat with **coconut oil**. Sauté onion and cashews for 5 minutes. Add cauliflower rice, garlic and **1-2 tsp curry powder**. Cook, stirring occasionally, for 5 minutes (see notes).



4. COOK THE SALMON

Heat a second frypan over medium-high heat with **3/4 tbsp coconut oil**. Add **curry leaves** and **spice mix**. Cook for 2 minutes and remove from pan. Add **salmon** and cook for 2-4 minutes each side until cooked to your liking.



5. MAKE THE SALSA

Add cucumbers and mint leaves to a bowl along with **1 tsp vinegar**. Season to taste with **salt** and **pepper** and toss to combine.



6. FINISH AND SERVE

Divide cauliflower rice among plates. Add salmon and salsa. Drizzle over spiced oil with curry leaves.

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**

