



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



4/6 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
4/6 Person:	42g	31g	21g/25g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
SALTED/ROASTED CASHEWS	2 x 40g	3 x 40g
BROWN ONION	1	1
GARLIC CLOVES	2	3
LEBANESE CUCUMBERS	2	3
MINT	1 packet	2 packets
GREEN CHILLI	1	1
SALMON (SKIN ON)	2 packets	3 packets
CURRY LEAVES	2 fronds	2 fronds
RAITA SPICE MIX	1 packet	1 packet

FROM YOUR PANTRY

coconut (or olive) 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.



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 **cucumbers**. Pick **mint leaves** and thinly slice **chilli**. Keep separate.



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 **2-3 tsp curry powder**. Cook, stirring occasionally, for 5 minutes (see notes).

6P – add **3-4 tsp curry powder**.



4. COOK THE SALMON

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

Heat a second frypan over medium-high heat with **1-2 tbsps coconut oil**. Add **curry leaves** and **spice mix**. Cook for 2 minutes then remove from pan.

Add **salmon** and cook for 2-4 minutes each side until cooked to your liking.



5. MAKE THE SALSA

Add **cucumber** and **mint** to a bowl with **2 tsp vinegar**. Season to taste with **salt and pepper** and toss to combine.

6P – add **cucumbers and mint leaves to a bowl along with 3 tsp vinegar**.



6. FINISH AND SERVE

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



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