

**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 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 |
|------------|---------|-----------|---------------|
|            | 36g     | 33g       | 20g           |

## FROM YOUR BOX

|                        |           |
|------------------------|-----------|
| CAULIFLOWER            | 1         |
| SALTED/ROASTED CASHEWS | 2 x 40g   |
| BROWN ONION            | 1         |
| GARLIC                 | 2 cloves  |
| LEBANESE CUCUMBERS     | 2         |
| MINT                   | 1 packet  |
| GREEN CHILLI           | 1         |
| CURRY LEAVES           | 2 fronds  |
| RAITA SPICE MIX        | 1         |
| SALMON SKIN ON         | 2 packets |

## 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.*



### 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**.

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



### 4. COOK THE SALMON

Heat a second frypan over medium-high heat with **1 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 **2 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.



Scan the QR code to  
submit a Google review!

**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**

