



Product Spotlight: Salmon

Salmon is naturally rich in omega-3 fatty acids and is one of the few foods naturally containing vitamin D.



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



4/6 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
4/6 Person:	32g	25g	56g/60g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	600g	1kg
CARROT	1	2
GINGER	40g	40g
AVOCADOS	2	3
SHALLOT	1	2
KALE COLESLAW	1 bag	2 bags
SALMON FILLETS (SKIN ON)	2 packets	3 packets
TOGARASHI SPICE MIX	1 packet	2 packets

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, lemon pepper, dried chilli flakes



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1. ROAST THE SWEET POTATO

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



4. COOK THE SALMON

Pat **salmon fillets** dry. Season with **2 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.

6P – season salmon with **3 tsp Togarashi** and **salt**.



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 **1/2 cup water**, using a stick mixer until smooth. Season with **salt and pepper** to taste.

6P – use **1 1/2 carrot**, **3 tbsp sesame oil**, **3 tbsp rice wine vinegar**, **3 tsp sugar** and **3/4 cup water**.



5. TOSS THE SALAD

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



3. PREPARE THE SALAD

Dice **avocados** and thinly slice **shallot**. Toss with **kale coleslaw** in a bowl. Set aside.



6. FINISH AND SERVE

Serve **salmon** with **dressed salad**. Sprinkle with remaining **Togarashi spice**.

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