

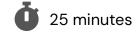




# **Jerk Salmon**

# with Green Salsa

Fresh salmon fillets seasoned with a Jamaican-inspired blend of spices, paired with a fresh apple and cucumber salsa served over brown rice, then drizzled with a lime vinaigrette.





4/6 servings Fish



# Boost the flavour!

You can season the salmon fillets and leave them in a sealed container overnight to boost the flavour! Add the lime zest or some crushed garlic if you have some.

TOTAL FAT CARBOHYDRATES

31g

20g

44g

#### FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LEBANESE CUCUMBERS	2	3
GREEN APPLE	1	2
AVOCADO	1	2
SHALLOT	1	1
CORIANDER	1 packet	1 packet
LIME	1	2
SALMON FILLETS	2 packets	3 packets
JERK SPICE MIX	1 tub	1 tub

#### FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, apple cider vinegar (see notes), sugar (of choice)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can use red or white wine vinegar if you don't have apple cider vinegar.

Jerk spice mlx: cumin, paprika, brown sugar, garlic powder, dried parsley, nutmeg and cinnamon.





#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



#### 2. PREPARE THE SALSA

Dice cucumbers, apple and avocado. Finely slice shallot and coriander. Toss together and set aside.



#### 3. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 lime (wedge remaining), 1/2 tbsp vinegar, 1/4 cup olive oil and 2 tsp sugar. Season with salt and pepper. Set aside.

6P - Whisk together zest and juice from 1 lime, 1 tbsp vinegar, 1/3 cup olive oil and 3 tsp sugar. Season with salt and pepper. Wedge remaining 1 lime.



### 4. COOK THE SALMON

Coat salmon fillets with jerk spice mix and season with salt. Heat a frypan or griddle pan over medium-high heat with oil. Cook salmon for 3-4 minutes each side or until cooked to your liking.



## 5. FINISH AND SERVE

with lime wedges.





