



Product Spotlight: Lupin Crumb

We love this lupin crumb from WA locals, Coastal Crunch, as it is a rich source of protein and fibre! It is also gluten-free and low in carbs.



Lupin Crusted Salmon

with Roasted Potatoes and Chive Coleslaw

Fresh salmon fillets crusted in herby lupin crumbs, served with roasted potatoes and a chive coleslaw. The perfect nourishing and delicious solution for fish and chips!

Fish cakes!

You can make fish cakes with these ingredients. Dice potatoes, boil in water until soft, drain and mash. Chop salmon, mix with mashed potato, salt and pepper. Coat in lupin crumbs and cook in a frypan until golden on each side.



35 minutes



4/6 servings



Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	24g	44g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CHIVES	1 bunch	1 bunch
NATURAL YOGHURT	1 tub	2 tubs
LUPIN CRUMBS	1 packet	2 packets
SALMON FILLETS	2 packets	3 packets
COLESLAW	500g	500g

FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS

oven tray

NOTES

Add a crushed garlic clove to the sauce for extra flavour.



1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes**. Add to a lined oven tray and toss with **oil, salt and pepper**. Roast for 15 minutes (see step 3).



2. MAKE THE SAUCE

Thinly slice **chives** (reserve some for garnish). Add to a bowl along with **yoghurt, 2 tsp vinegar, salt and pepper** (see notes). Mix well.

6P - use 1 tbsp vinegar for 2 tubs yoghurt.



3. ROAST THE SALMON

Arrange **lupin crumbs** on a plate. Coat **salmon** in **oil, salt and pepper**. Press into lupin to coat. Add to oven tray with potatoes and cook for a further 8-12, minutes or until salmon is cooked to your liking.



4. TOSS THE COLESLAW

Add **coleslaw** to a large bowl with 1/2 the prepared sauce. Toss until coleslaw is well coated.



5. FINISH AND SERVE

Divide **coleslaw** and **roasted potatoes** among plates. Serve with **crusted salmon fillets** and **remaining sauce**. Garnish with **reserved chives**.



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