



### Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



## Pan-Fried Salmon with Green Chilli Coconut Sambal

Pan-fried skin on salmon fillets, served with roasted vegetables, a zesty lime and green chilli coconut sambal and flavourful spiced curry leaf oil.



40 minutes



4/6 servings



Fish

## Bulk it up!

*To bulk up this dish, add some extra veg to the roasting tray such as sweet potato, butternut pumpkin, zucchini, red onion or drained chickpeas.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	26g/32g	23g/28g	19g/20g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
CARROTS	3	4
GINGER	1 piece	1 piece
GREEN CHILLI	1	1
LIME	1	2
DESICCATED COCONUT	2 x 40g	3 x 40g
CURRY LEAVES	2 fronds	2 fronds
RAITA SPICE MIX	1 packet	1 packet
SALMON FILLETS SKIN-ON	2 packets	3 packets
MESCLUN LEAVES	1 bag	2 bags

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, curry powder, white wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

To spice down the sambal, remove seeds from chilli, or omit chilli and slice to serve as desired.

*Raita spice mix: black mustard seeds, fennel seeds, cumin seeds, flaked sea salt*



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** in to florets and cut **carrots** into angular pieces. Toss on a lined oven tray with **1 tbsp coriander, salt and pepper**. Roast for 15–20 minutes until golden and tender.

**6P** – use 1 1/2 tbsp coriander.



### 4. COOK THE SALMON

Coat **salmon** in **oil, 1 tsp curry powder, salt and pepper**. Place skin-side down in pan and cook for 2–4 minutes each side until cooked to your liking.

**6P** – use 2 tsp curry powder for the salmon.



### 2. BLEND THE SAMBAL

Peel and grate **ginger**, finely chop **chilli** and **zest lime**. Combine with **juice of 1/2 lime** (wedge remaining), **desiccated coconut** and **2–3 tbsp water**. Season to taste with **salt**.

**6P** – add to blender along with juice of 1 lemon (wedge remaining), coconut and 4 tbsp water.



### 5. DRESS MESCLUN LEAVES

Add **mesclun leaves** to a bowl and toss with **2 tsp vinegar**.

**6P** – toss mesclun leaves with 1 tbsp vinegar.



### 3. MAKE THE CURRY LEAF OIL

Heat a frypan over medium–high heat with **3 tbsp oil**. Add **curry leaves** and **raita spice mix**. Cook for 3–5 minutes until fragrant and **leaves** are crispy. Remove to a bowl and keep pan over heat.

**6P** – use 4 tbsp oil.



### 6. FINISH AND SERVE

Divide **mesclun leaves** and **roast vegetables** among plates. Divide **sambal** onto plates. Top with **salmon fillet** and drizzle over **curry leaf oil**.

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