



Product Spotlight:

Peanuts


Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.




Lime and Peanut Satay Salmon

with Noodles


Creamy and zingy lime and peanut satay sauce served with salmon fillets, stir-fried veggies, noodles and fresh red chilli!



25 minutes



2 servings



Fish

FROM YOUR BOX

TINNED COCONUT MILK	165ml
ROASTED PEANUTS	1 packet (40g)
LIME	1
NOODLES	1 packet
CARROT	1
ASIAN GREENS	2 bulbs
GREEN CAPSICUM	1
SALMON FILLETS	1 packet
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

Some crushed garlic on the salmon would be a great addition!

Remove seeds from chilli for a milder flavour.



1. MAKE THE SATAY SAUCE

Bring a saucepan of water to a boil.

Blend coconut milk, peanuts, zest and juice from 1/2 lime (wedge remaining), **1 tbsp sweet chilli sauce** and **1 tbsp soy sauce** with a stick mixer until smooth.



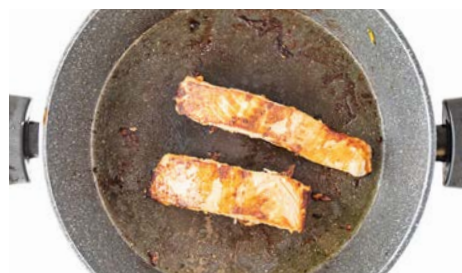
2. COOK THE NOODLES

Add noodles to boiling water. Cook according to packet instructions or until al dente. Drain and rinse with cold water.



3. STIR-FRY THE VEGGIES

Heat a frypan over medium-high heat with **oil**. Thinly slice carrots. Add to pan and cook for 3 minutes. Halve Asian greens and slice capsicum. Add to pan and cook, tossing occasionally, for a further 5 minutes. Season with **1/2-1 tbsp soy sauce** and **pepper**. Remove from pan.



4. COOK THE SALMON

Coat salmon in **1/2 tbsp soy sauce** and **pepper** (see notes). Add to pan (add extra **oil** to pan if necessary) and cook for 2-4 minutes each side.



5. ADD THE SATAY SAUCE

Return noodles to saucepan. Add satay sauce and cook for 2-3 minutes to warm.



6. FINISH AND SERVE

Thinly slice chilli (see notes).

Divide noodles among plates. Serve with stir-fried veggies and salmon. Spoon over any remaining satay sauce and garnish with red chilli.

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**

