



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: GREEN GODDESS SAUCE

The Green Goddess sauce by GH produce is the ultimate table sauce! It has little heat from WA jalapeños and great zing from Australian desert limes. This delicious sauce is chef designed and locally made here in WA.



1. SEARED SALMON

WITH GREEN GODDESS LIME DRESSING

 30 Minutes

 2 Servings

Seared salmon fillets alongside a zesty brown rice salad featuring the delicious Green Goddess Jalapeño + Desert Lime sauce, locally made by GH Produce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
41g	22g	77g

1 June 2020

FROM YOUR BOX

BROWN RICE	150g
CORN COB	1
RED ONION	1/4 *
GREEN GODDESS SAUCE	3 tbsp *
LIME	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1/2 bag (100g) *
CORIANDER	1/2 packet *
SALMON FILLETS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground cumin (or coriander)

KEY UTENSILS

saucepan, frypan

NOTES

The Green Goddess sauce has a little heat from the jalapeños. For a child friendly version, you can use a mango chutney or maple syrup instead.

No fish option - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE RICE

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



2. COOK THE CORN & ONION

Remove corn from cob and slice onion. Add to frypan over medium heat with **oil**. Cook for 5-8 minutes. Season with **salt and pepper**. Remove to a salad bowl.



3. MAKE THE DRESSING

Combine 2 tbsp green goddess sauce with 1/2 lime zest and juice (wedge remaining) and **1 tbsp olive oil**. Set aside.



4. PREPARE THE SALAD

Dice cucumber, halve tomatoes and chop coriander. Toss together with cooked corn, onion, rice and dressing.



5. COOK THE SALMON

Coat salmon with 1/2 tbsp green goddess sauce, **1 tsp cumin, oil, salt and pepper**. Cook in a pan over medium-high heat for 3-4 minutes each side or until cooked through.



6. FINISH AND PLATE

Divide rice salad and salmon among plates. Serve with lime wedge.