



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

4 Servings

1 June 2020

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
40g	18g	71g

## FROM YOUR BOX

BROWN RICE	300g
CORN COBS	2
RED ONION	1/2 *
GREEN GODDESS SAUCE	4 tbsp *
LIME	1
CONTINENTAL CUCUMBER	1/2 *
AVOCADO	1
CORIANDER	1/2 packet *
SALMON FILLETS	2 packets

\* 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 cobs 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 3 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, avocado and chop coriander. Toss together with cooked corn, onion, rice and dressing.



### 5. COOK THE SALMON

Coat salmon with 1 tbsp green goddess sauce, 1/2 tbsp 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.