



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil

The fridge can often be too cold for storing basil, causing the leaves to turn black. Instead, try trimming the stalks and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



## 1 Coconut Pancakes with Salmon Fillets

Vietnamese-style coconut and rice flour pancakes served with salmon, fresh vegetables and a zingy lime dressing.



35 minutes



2 servings



Fish

17 December 2021

## Bulk it up!

*If you're looking to bulk up this dish, add some fresh bean shoots or cooked rice vermicelli noodles to the filling.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	31g	65g

## FROM YOUR BOX

PANCAKE MIX	1 packet (126g)
COCONUT MILK	1 tin (165ml)
CARROT	1
LEBANESE CUCUMBER	1
BASIL	1 packet
RED CHILLI	1
SALMON FILLETS	1 packet
LIME	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans

## NOTES

The pancake mixture is made up of rice flour and ground turmeric.

To make these pancakes we recommend using a non-stick frypan. It is very important that the pans are roaring hot to the point that the pancake mixture will appear to boil when it hits the pan. Wipe out the pan you cooked the salmon in and use two frypans to cook pancakes to speed up the process.

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



### 1. MIX THE PANCAKES

In a large bowl whisk together pancake mix, coconut milk, **120ml water and 2 tsp soy sauce**. Place in fridge to set until needed.



### 2. PREPARE VEGETABLES

Julienne or grate carrot. Deseed (optional) cucumber and thinly slice. Slice basil leaves and thinly slice chilli.



### 3. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat salmon in **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Flake the salmon.



### 4. COOK THE PANCAKES

Heat a second frypan (see notes) over high heat with **oil**. Add 1/2 cupfuls of batter and swirl to coat base of the pan. Cook for 3-4 minutes or until pancake is cooked through and edges are slightly brown and lifting away from the pan. Slide onto plates to serve. Repeat with remaining batter (makes 8 pancakes).



### 5. MAKE THE SAUCE

Zest lime to yield 1/2 tbsp. Juice lime. Whisk together in a bowl with **1 tbsp sweet chilli sauce**.



### 6. FINISH AND SERVE

Fill pancakes with prepared vegetables and salmon. Serve with sauce on the side.

**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**

