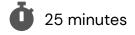




# Crispy Skin Salmon

# with Apple Kaleslaw

A fresh and flavourful kale coleslaw with a hint of chilli, served with coral pink crispy skin salmon and finished with sweet nut clusters.





2 servings



# Spice it up!

You can add lime juice or sweet chilli sauce to the dressing for added flavour. Instead of salt for seasoning you can try soy sauce or fish sauce.

PROTEIN TOTAL FAT CARBOHYDRATES

42g 40g

# FROM YOUR BOX

GREEN APPLE	1
RED CHILLI	1
KALE COLESLAW	1 bag (400g)
CRUNCHY/ALFALFA SPROUTS	2/3 punnet *
SEED MIX	1 packet (60g)
SALMON FILLETS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

sesame oil, apple cider (or rice wine) vinegar, sugar (brown or of choice), salt and pepper

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Use soy sauce or fish sauce in the dressing for added flavour

Line the frypan when cooking the clusters to prevent any burnt parts on the bottom of the pan. Once cooked, place seed clusters onto a plate lined with baking paper to stop them sticking.

If you prefer to not make the clusters you can toast the seeds in a dry frypan and toss through the salad 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.



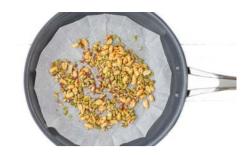
# 1. PREPARE THE SALAD

Slice the apple and chilli. Toss together with 1/2 bag kale coleslaw (use whole bag if you like) and sprouts.



# 2. PREPARE THE DRESSING

Whisk together 2 tbsp sesame oil, 3 tbsp vinegar, salt and pepper (see notes). Set aside.



# 3. MAKE SEED CLUSTERS

Heat a dry frypan over medium-high heat (see notes). Add seed mix, stir in 2 tsp sesame oil, 1 tbsp sugar and a pinch of salt. Cook until clusters are formed. Set aside on a lined plate to cool.



# 4. COOK THE SALMON

Coat salmon with 1 tsp sesame oil, salt and pepper. Reheat frypan over mediumhigh heat. Cook salmon skin side down for 4 minutes until crispy. Turn over and cook for a further 3–4 minutes.



# 5. FINISH AND PLATE

Toss salad with dressing and divide among plates with salmon. Garnish with seed clusters.

**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** 



