



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon

Salmon is an excellent source of many B vitamins, these are important as they give you energy, control inflammation, protect your heart and brain!



1 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.

 25 minutes

 4 servings

 Fish

28 December 2020

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.

Per serve: **PROTEIN** 31g **TOTAL FAT** 22g **CARBOHYDRATES** 36g

FROM YOUR BOX

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

**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 apples and chilli. Toss together with kale coleslaw 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 **2 tsp sesame oil, salt and pepper**. Reheat frypan over medium-high 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**

