



Product Spotlight: Salmon

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



Crispy Skin Salmon with Apple Kale Coleslaw

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



4/6 servings



Fish

Spice it up!

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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	34g	22g/26g	28g/29g

FROM YOUR BOX

	4 PERSON	6 PERSON
GREEN APPLES	2	2
RED CHILLI	1	1
KALE COLESLAW	1 bag	2 bags
ALFALFA SPROUTS	1 punnet	1 punnet
SEED MIX	60g	2 x 60g
SALMON FILLETS	2 packets	3 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

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

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

If you don't want to make the seed clusters, toast the seeds in a dry frypan and toss them through the salad instead.

Seed mix: peanuts, pepita seeds, sunflower seeds.



1. PREPARE THE SALAD

Slice the **apples** and **chilli**. Toss with **kale coleslaw** and **sprouts** (use to taste).



2. PREPARE THE DRESSING

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

6P – whisk together **4 tbsp sesame oil** and **1/2 cup vinegar**.



3. MAKE THE 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.

6P – stir in **4 tsp sesame oil** and **2 tbsp sugar**.



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 SERVE

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



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