



### Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



# Lime and Peanut Satay Salmon

## with Noodles

Creamy and zingy lime and peanut satay sauce served with salmon fillets, stir-fried veggies, noodles and fresh red chilli!



25 minutes



4 servings



Fish

20 January 2023

Per serve: **PROTEIN** 42g **TOTAL FAT** 41g **CARBOHYDRATES** 98g

## FROM YOUR BOX

|                     |                |
|---------------------|----------------|
| TINNED COCONUT MILK | 400ml          |
| ROASTED PEANUTS     | 1 packet (80g) |
| LIME                | 1              |
| NOODLES             | 2 packets      |
| CARROTS             | 2              |
| ASIAN GREENS        | 1 bunch        |
| GREEN CAPSICUM      | 1              |
| SALMON FILLETS      | 2 packets      |
| RED CHILLI          | 1              |

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

## NOTES

Some crushed garlic on the salmon would be a great addition!

Remove seeds from chilli for a milder flavour.



### 1. MAKE THE SATAY SAUCE

Bring a saucepan of water to a boil.

Blend coconut milk, peanuts, zest and juice from 1/2 lime (wedge remaining), **1 1/2 tbsp sweet chilli sauce** and **1 1/2 tbsp soy sauce** with a stick mixer until smooth.



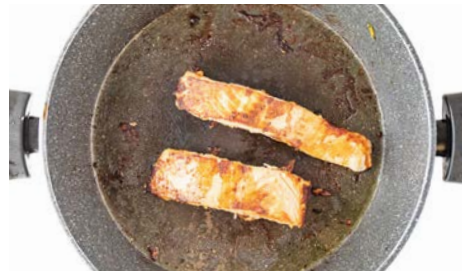
### 2. COOK THE NOODLES

Add noodles to boiling water. Cook according to packet instructions or until al dente. Drain and rinse with cold water.



### 3. STIR-FRY THE VEGGIES

Heat a frypan over medium-high heat with **oil**. Thinly slice carrots. Add to pan and cook for 3 minutes. Halve Asian greens and slice capsicum. Add to pan and cook, tossing occasionally, for a further 5 minutes. Season with **1/2-1 tbsp soy sauce** and **pepper**. Remove from pan.



### 4. COOK THE SALMON

Coat salmon in **1 tbsp soy sauce** and **pepper** (see notes). Add to pan (add extra **oil** to pan if necessary) and cook for 2-4 minutes each side.



### 5. ADD THE SATAY SAUCE

Return noodles to saucepan. Add satay sauce and cook for 2-3 minutes to warm.



### 6. FINISH AND SERVE

Thinly slice chilli (see notes).

Divide noodles among plates. Serve with stir-fried veggies and salmon. Spoon over any remaining satay sauce and garnish with red chilli.

**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**

