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BBQ Salmon with

Potato Bites and Coleslaw



30-40min



4 Portions

Salmon is rich in great-for-you omega-3 fatty acids and here it has a beautiful smoky flavour from the barbecue, as well as the zesty, garlicky hints from the speedy marinade. We've served it with tender baked potato and a fresh and easy coleslaw. Dig in!

What we send

- 1 garlic clove and coriander
- salmon fillet, skin on ⁴
- aioli ^{3,7}
- lemon
- red cabbage
- carrot
- green cabbage
- baby chat potatoes

What you'll require

- olive oil
- salt

Utensils

- baking paper
- chargrill or frypan
- grater
- mandoline (optional)
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Leave the coriander out of the coleslaw if your kids don't like it and scatter it over the adults' coleslaw when serving.

Allergens

Egg (3), Fish (4), Milk (7). May contain traces of other allergens.

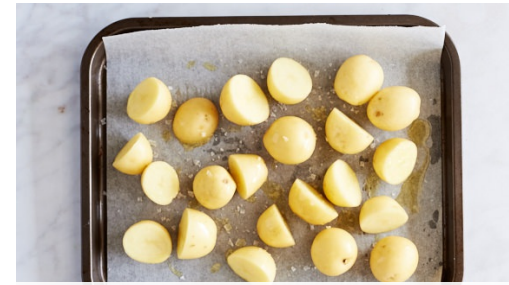
Nutrition per serving

Energy 605.0kcal, Fat 36.7g, Proteins 30.7g, Carbs 33.2g



1. Prepare potatoes

Preheat oven to 200C. Line an oven tray with baking paper. Cut the **potatoes** into bite-sized pieces.



2. Roast potatoes

Place **potatoes** on the tray. Drizzle with 1 tbs **oil** and sprinkle with 1 tsp **sea salt**. Toss to coat. Roast the potatoes for 25-30 mins until golden, turning once during cooking.



3. Marinate fish

Meanwhile, zest and juice half the **lemon** and cut remaining half into wedges. Finely chop the **garlic**. Place in a shallow glass or ceramic dish with 1 tbs **oil** and the **lemon zest**. Season with **sea salt and pepper**. Add the **fish** and turn to coat. Set aside for 5 mins.



4. Prepare coleslaw

Using a sharp knife or mandoline, thinly slice the **red and green cabbage** and place in a large bowl. Grate the **carrot** and add to the bowl. Pick the **coriander** leaves (discard stems) and coarsely chop. Add half the coriander to the bowl (see cooking tip).



5. Season coleslaw

Add the **aioli**, 1 tbs **lemon juice** and 1 tbs **oil** to the **coleslaw** and toss to combine.



6. Grill fish

Preheat a barbecue grill, chargrill pan or frypan to medium-high. Cook the **fish**, skin-side down, for 3 mins or until starting to crisp. Turn, reduce heat to medium and cook for a further 2 mins or until fish is cooked through or to your liking. Serve fish with the **potatoes**, **coleslaw** and **lemon wedges**. Sprinkle with the remaining **coriander**.