



HEALTHY

Salmon and Radish Slaw

with Carrot Smash



20-30min



4 Portions

Grilled salmon is utterly delicious in its simplicity but here it is transformed by an interplay of contrasts. The richness of the salmon against the piquant dressing and the smooth texture of the salmon against the crunch of the radish slaw. It's a combination which elevates everyday ingredients to something special for your midweek menu.

What we send

- garlic, radish, spring onion
- mild chilli flakes
- carrot
- pepitas
- red cabbage
- Tasmanian salmon fillets ⁴
- lemon

What you'll require

- Dijon mustard ¹⁷
- Australian honey
- olive oil
- sea salt and pepper

Utensils

- large frypan
- medium saucepan with lid
- potato masher

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Heat can be avoided by omitting the chilli, or add less to suit your taste. Alternatively, serve the chilli at the table for those who like it.

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

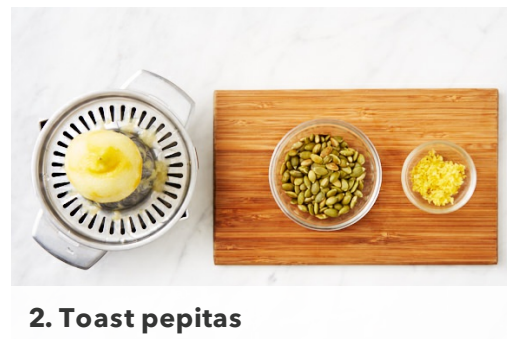
Nutrition per serving

Energy 510kcal, Fat 34.8g, Carbs 12.3g, Proteins 32.6g



1. Prepare carrots

Peel the **carrots** and coarsely chop. Put in a medium saucepan of salted water and bring to the boil. Reduce the heat to medium-high and cook for 10-15 mins until tender. Drain completely, return to the pan and cover to keep warm.



2. Toast pepitas

Meanwhile, put the **pepitas** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and reserve the pan. Finely grate the lemon zest, then juice.



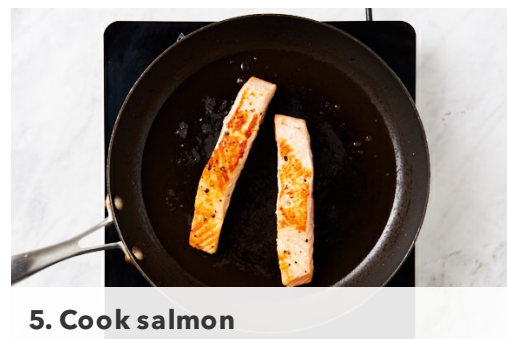
3. Prepare slaw

Put the **lemon juice**, **2 tsp mustard**, **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Trim the **radishes** and slice very thinly. Thinly slice the **spring onions**. Finely shred the **cabbage**. Add the radish, spring onion and cabbage to the dressing and toss until well combined.



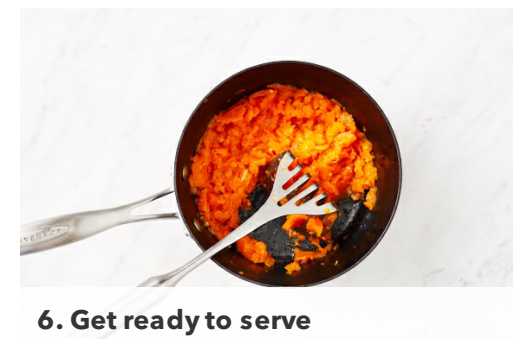
4. Make flavoured oil

Crush or finely chop the **garlic**. Heat **2 tbs olive oil** in the reserved pan over low heat. Cook the garlic, **lemon zest** and a **pinch of chilli flakes** (see cooking tip) for 2 mins or until fragrant. Add to the **carrots**.



5. Cook salmon

Wipe the pan clean. Season the **salmon** on both sides with **salt and pepper**. Heat **1 tbs olive oil** in the pan over high heat. Cook the salmon for 2-3 mins each side or until cooked to your liking (salmon cooking times differ depending on fillet size). Remove from the pan.



6. Get ready to serve

Meanwhile, season the **carrot mixture** with **salt** and mash with a potato masher or fork until roughly mashed. Divide the **carrot smash**, **salmon** and **slaw** among plates. Scatter over the **pepitas** to serve.