

MARLEY SPOON



Salmon Taco Salad

with Red Slaw and Yoghurt Dressing



20-30min



2 Portions

When you take a great idea (did someone say 'tacos'?) and make it even better, this is what you get. Crisp, tortilla-like strips, loads of fresh, lemony slaw, a generous drizzle of yoghurt dressing and last, but certainly not least, succulent flakes of Tassie salmon. You're welcome.

What we send

- Tasmanian salmon fillet ⁴
- lemon
- coriander
- Mexican spice blend ¹⁷
- flour wrap ^{1,6}
- red cabbage
- carrot
- Greek-style yoghurt ⁷

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper
- white vinegar

Utensils

- baking paper
- box grater
- medium frypan
- oven tray

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

Cooking tip

The Mexican spice blend has a chilli kick so add to suit your heat preference. Alternatively, leave salmon without marinade for the diners who cannot tolerate any chilli.

Allergens

Gluten (1), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 585kcal, Fat 32.7g, Carbs 32.3g, Proteins 35.7g



1. Marinate salmon

Heat oven to 200C. Line an oven tray with baking paper. Combine **2 tsp Mexican spice blend** (the remaining spice blend won't be used in this dish; see cooking tip) and **1 tbs olive oil** in a shallow dish. Add the **salmon** and turn to completely coat.



4. Bake wraps

Spray **2 wraps** with **olive oil spray** (the remaining wraps won't be used in this dish). Cut into 2cm thick slices, halve the slices then place on the lined oven tray. Bake for 8-10 mins until golden and crisp then cool.



2. Prepare ingredients

Finely shred the **cabbage**. Peel and coarsely grate the **carrot**. Finely grate the zest of **half the lemon**, then juice the half (the remaining lemon won't be used in this dish). Coarsely chop the **coriander**, including the stems.



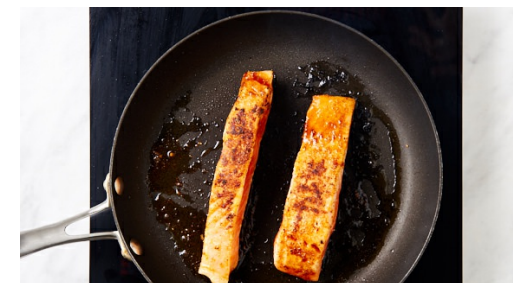
5. Make yoghurt dressing

While the wraps cook, put the **yoghurt**, **remaining lemon zest** and **remaining lemon juice** in a small bowl and stir to combine. Season with **salt**.



3. Make slaw

Put the **cabbage**, **carrot**, **half the coriander**, **¼ tsp salt**, **2 tsp white vinegar**, **half the lemon juice** and **half the zest** in a large bowl. Briefly massage with your hands to soften the cabbage slightly. Season with **salt and pepper**.



6. Cook salmon

Heat a medium frypan over medium-high heat. Cook the **salmon** for 2-3 mins each side until just cooked through, then remove to a bowl. Flake with a fork into large chunks, discarding the skin. Add to the **slaw** with the **wrap crisps** then divide among plates. Drizzle with the **yoghurt dressing** and scatter over the **remaining coriander** to serve.