



## Moroccan Salmon Salad

with Chickpeas and Mint



20min



2 Portions

Shave a carrot, rinse some chickpeas, chop mint, dust salmon fillets with Moroccan spice mix then pan-fry and flake them into chunks. Make the quickest dressing imaginable using just three ingredients, toss everything together and ta-da. A delicious dinner that's so easy to make, it's ridiculous.

## What we send

- 17
- 4

## What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- medium frypan
- sieve

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

## Allergens

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

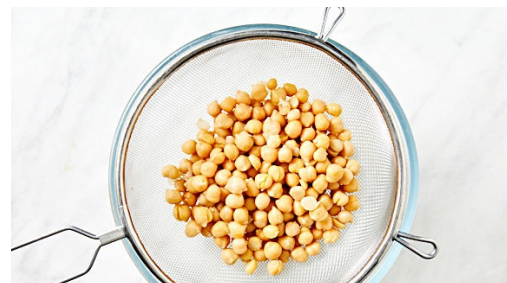
## Nutrition per serving

Energy 795kcal, Fat 53.3g, Carbs 30.3g, Proteins 40.9g



### 1. Prepare carrot

Using a vegetable peeler, peel the **carrot**, then shave into ribbons.



### 2. Rinse chickpeas

Rinse and drain the **chickpeas**.



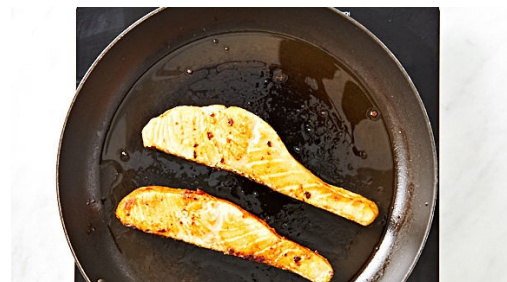
### 3. Make dressing

Put  $\frac{1}{2}$  tsp of the **harissa seasoning**,  $1\frac{1}{2}$  tbs **extra virgin olive oil** and **3 tsp red wine vinegar** in a small bowl. Season with **salt and pepper** and whisk to combine.



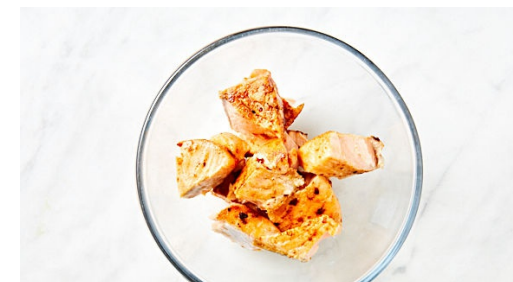
### 4. Prepare mint

Coarsely chop the **mint** leaves, discarding the stems.



### 5. Cook salmon

Coat the **salmon** with the **remaining harissa seasoning**. Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the salmon for 3-4 mins each side until just cooked, or until cooked to your liking (cooking times may vary depending on the thickness of the fillets). Remove from the pan.



### 6. Get ready to serve

Flake the **salmon** into large chunks into a large bowl. Add the **carrot**, **chickpeas**, **mint**, **spinach** and **dressing** and toss to coat. Season with **salt and pepper**. Divide the **salad** among plates to serve.