



Moroccan Salmon Salad

with Chickpeas and Mint



20min



4 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 Tasmanian salmon fillets 4

What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar 17
- sea salt and pepper

Utensils

- large frypan
- sieve

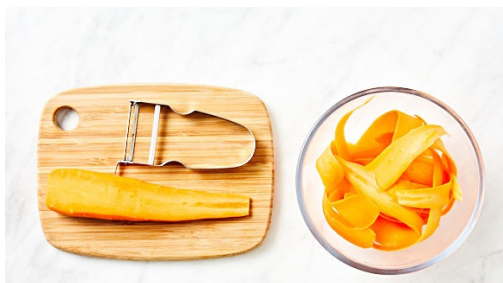
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

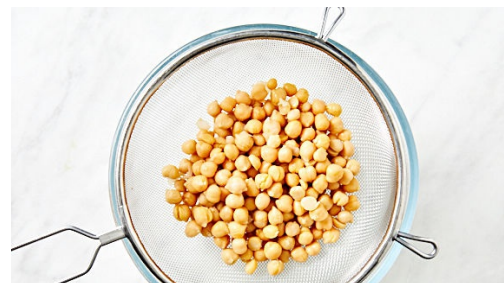
Nutrition per serving

Energy 675kcal, Fat 39.5g, Carbs 30.3g, Proteins 40.9g



1. Prepare carrot

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



2. Rinse chickpeas

Rinse and drain the **chickpeas**.



3. Make dressing

Put **1 tsp of the harissa seasoning**, **60ml (¼ cup) extra virgin olive oil** and **1 ½ tbs red wine vinegar** in a small bowl. Season with **salt and pepper** and whisk to combine.



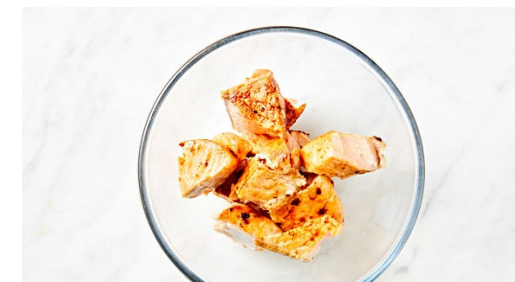
4. Prepare mint

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



5. Cook salmon

Coat the **salmon** with the **remaining harissa seasoning**. Heat **1 tbs olive oil** in a large 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.