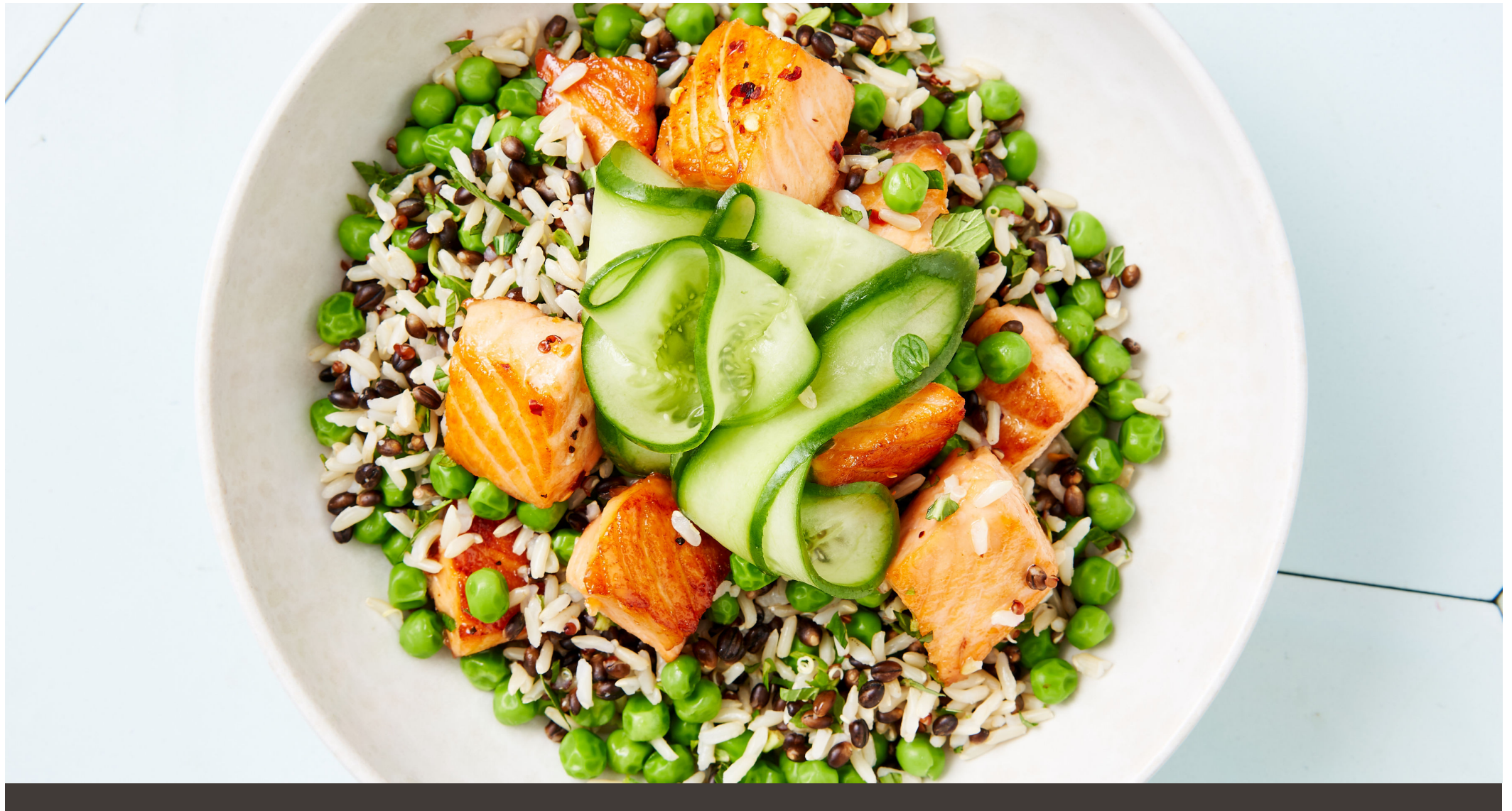


MARLEY SPOON



Sweet-Chilli Salmon

with Grain, Pea and Mint Salad



30-40min



4 Portions

Create a lighter version of that much-loved condiment, sweet-chilli sauce, in your own kitchen. Here, we have coated succulent chunks of Tasmanian salmon in a sweet chilli glaze, then teamed it with pickled cucumber and a mint, pea and wholegrain salad. It's more sophisticated, but just as addictive, as the original sauce.

What we send

- 2 Lebanese cucumbers
- 1 tbs mirin ¹
- 250g rice, quinoa and barley blend ¹
- 2 x 150g peas
- mint
- 4 Tasmanian salmon fillets ⁴
- 2g chilli flakes

What you'll require

- sea salt and pepper
- olive oil
- Australian honey

Utensils

- large saucepan
- sieve
- medium frypan

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

Cooking tip

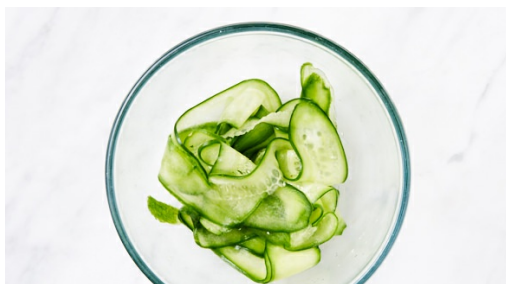
Everyone likes different levels of spice. The indicated measure of chilli will impart medium heat to the salmon, please increase or decrease the amount of chilli according to your preference.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

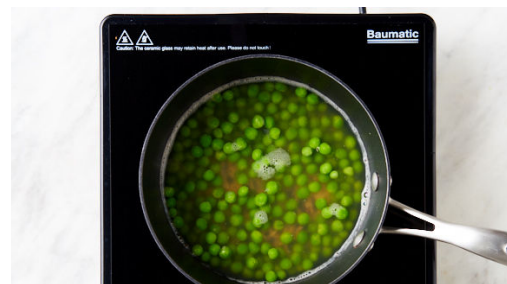
Nutrition per serving

Energy 690kcal, Fat 28.2g, Carbs 66.8g, Proteins 38.3g



1. Pickle cucumber

Read through the recipe. Bring a large saucepan of water to the boil for the grain blend. Meanwhile, peel the **cucumbers** into ribbons with a vegetable peeler. Combine the cucumber, **mirin** and **1 tsp salt** in a bowl. Set aside to pickle, tossing occasionally, until needed.



2. Cook grain blend

Add the **grain blend** to the pan of boiling water, return to the boil and cook for 18 mins. Add the **peas** and cook for a further 3 mins or until the grain is tender. Drain.



3. Chop mint

Meanwhile, coarsely chop the **mint** leaves, discarding the stems.



4. Prepare salmon

Put the **salmon** on a board and using a sharp knife, carefully slice between the skin and flesh, to remove the skin. Cut the salmon into 2cm chunks and season well with **salt and pepper**. Heat **2 tbs olive oil** in a medium frypan over high heat. Cook salmon, turning, for 3-4 mins until golden and cooked through.



5. Glaze salmon

Drizzle the salmon with **2 tbs honey**, scatter over **½ tsp chilli flakes** (see cooking tip; the remaining chilli won't be used in this dish) and cook, turning, for 1 min or until the honey has formed a glaze. Remove from the heat and lightly toss to coat the salmon, scraping to incorporate the flavour from the base of the pan.



6. Get ready to serve

Combine the **grain blend mixture** and **mint** in a large bowl and season with **salt and pepper**. Add the **salmon** and the pan juices, including any crispy glaze, and gently toss to combine. Divide the **salmon and grain salad** among bowls. Serve with the **pickled cucumber**.