



**FAST**

**HEALTHY**

## **Express Grilled Salmon**

with Chilli-Coconut Cabbage



20-30min



4 Portions

A stalwart of the kitchen, it's easy to forget that cabbage can, given half a chance, be sexy. Like here, for example, where it takes on the smoky flavours of wok-frying before chilli, coconut milk, Thai spices, soy and some pak choy get added. The results almost outshine the accompanying Tassie salmon fillet, making a dish that's low-carb, healthy, speedy and spicy.

## What we send

- 500g cabbage
- 2 bunches pak choy
- 2 bird's eye chillies
- 4 Tasmanian salmon fillets<sup>4</sup>
- 400ml coconut milk
- 10g fried shallots<sup>1</sup>
- 10g Thai seasoning<sup>17</sup>

## What you'll require

- neutral-flavoured oil
- soy sauce<sup>6</sup>
- honey
- white vinegar

## Utensils

- oven tray
- foil
- large frypan

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

## Allergens

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

## Nutrition per serving

Energy 550kcal, Fat 42.3g, Carbs 10.8g, Proteins 31.9g



### 1. Prepare ingredients

**Read through the recipe.** Coarsely chop the **cabbage**. Thinly slice the **pak choy**, keeping the stems and leaves separate. Finely chop the **chillies**, discarding the seeds if less heat is preferred.



### 2. Prepare salmon

Preheat the grill to high. Line an oven tray with foil. Put the **salmon** on the lined tray, skin-side down. Drizzle with **2 tsp oil**, **2 tsp soy sauce** and **1 tbs honey**.



### 3. Cook cabbage

Heat **1 tbs oil** in a large frypan over high heat. Cook the **cabbage**, stirring, for 3 mins or until the cabbage is starting to blister and take colour.



### 4. Add coconut milk

Add the **pak choy stems**, **chilli**, **coconut milk** and **3 tsp Thai seasoning** (the remaining seasoning won't be used in this dish) to the cabbage and bring to a simmer. Cook for 4 mins or until the sauce is slightly reduced.



### 5. Grill salmon

Meanwhile, grill the **salmon** for 4 mins or until just cooked through or until cooked to your liking (cooking times may vary depending on the fillet thickness).



### 6. Get ready to serve

Stir the **pak choy leaves**, **2 tbs soy sauce** and **1 tbs white vinegar** into the cabbage mixture and cook, stirring, for 1 min or until the pak choy leaves are wilted. Divide the **cabbage mixture** and **salmon** among plates. Scatter with the **fried shallots** to serve.