

DINNERLY



Better-than-Takeaway Salmon and Chips with Smashed Macho Peas and Pickled Onion



30 minutes



2 Servings

Here's a bold claim but we're calling it; this PLUS dish is w-a-y better than takeaway! So save yourself the expense and trouble, and take in instead of taking out. You won't get rich fillets of Tassie salmon, lashings of peri peri sauce, lovely pickled onion and mushy macho peas at your local chippery, will you?

WHAT WE SEND

- 2 potatoes
- 1 red onion
- 2 Tasmanian salmon fillets ¹
- 40ml peri peri sauce
- 150g peas
- 5g mint and garlic seasoning ^{3,4}

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs olive oil
- 2 tsp white or red wine vinegar ⁴
- 1 tsp sugar
- 10g butter ²
- pinch of chilli flakes (optional)

TOOLS

- oven tray
- baking paper
- small saucepan
- small frypan
- potato masher

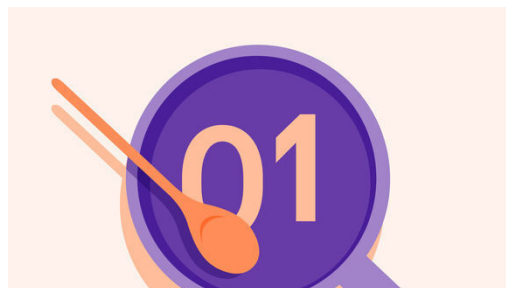
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (1), Milk (2), Soy (3), Sulphites (4). May contain traces of other allergens.

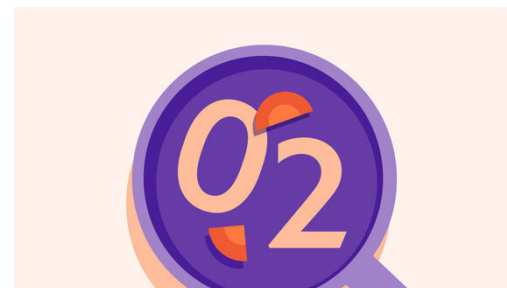
NUTRITION PER SERVING

Energy 690kcal, Fat 36.7g, Carbs 47.7g, Protein 37.5g



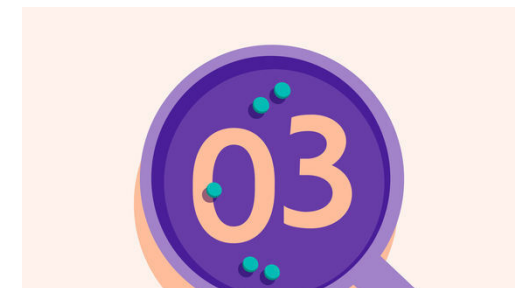
1. Bake chips

Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Cut the **unpeeled potatoes** into 1.5cm-thick chips. Put the potato on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Bake the potato for 20-25 mins until golden and tender.



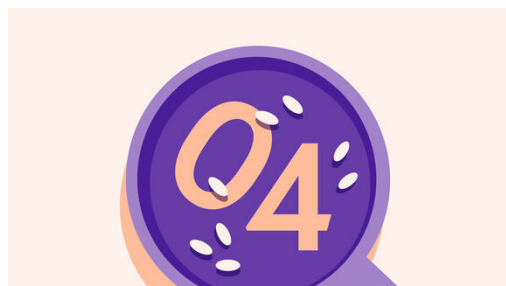
2. Pickle onion

Meanwhile, thinly slice **half the onion***. Combine **2 tsp white wine vinegar**, **1 tsp sugar** and **a pinch of salt** in a bowl. Add the **onion** and toss to coat. Set aside to pickle, tossing occasionally, until needed. Bring a small saucepan of water to the boil for the peas.



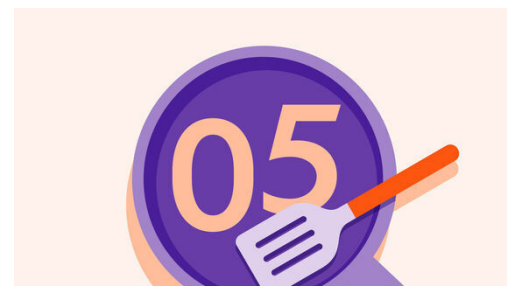
3. Cook salmon

Heat **2 tsp olive oil** in a small frypan over high heat. Cook the **salmon**, skin-side down, for 3 mins or until the skin is crisp and golden. Reduce heat to medium-high, turn and cook, flesh-side down, for a further 2-3 mins until just cooked or cooked to your liking. Add the **peri peri sauce** (see Make it milder) and cook, turning, for 1 min or until the sauce is warm and salmon is coated.



4. Make macho peas

While the salmon is cooking, cook the **peas** in the pan of boiling water for 2 mins or until tender. Drain, then return to the pan. Add the **mint and garlic seasoning**, **10g butter** and **a pinch of chilli flakes**, if using, and stir to combine. Coarsely mash the peas, then season with **salt and pepper**.



5. Serve up

Divide the **salmon**, **chips**, **macho peas** and **drained pickled onion** among plates and enjoy!



6. Make it milder

Our peri peri sauce has a chilli kick. If you prefer less heat, remove a portion of the salmon before adding the sauce to the pan. Alternatively, serve the sauce at the table for those who like it.