

# DINNERLY



## Coconut-Crumbed Salmon with Two-Veg Chips and Sweet Chilli Sauce



35 minutes



2 Servings

Craving a dinner that's delightfully delish and easy to get on the table? We're on a mission to make cooking more fun, extra yum and even simpler – this recipe, packed with quality fresh ingredients, is all that and more. Get cooking!



## WHAT WE SEND

- 2 potatoes
- 1 carrot
- 2 Tasmanian salmon fillets <sup>2</sup>
- 2 x 20g shredded coconut <sup>4</sup>
- 50g mixed salad leaves
- 50g sweet chilli sauce

## WHAT YOU NEED

- 2 tbs olive oil
- 1 egg <sup>1</sup>
- 1 tbs plain flour <sup>3,5</sup>
- 1 tsp white or red wine vinegar <sup>4</sup>

## TOOLS

- large oven tray
- baking paper
- medium frypan

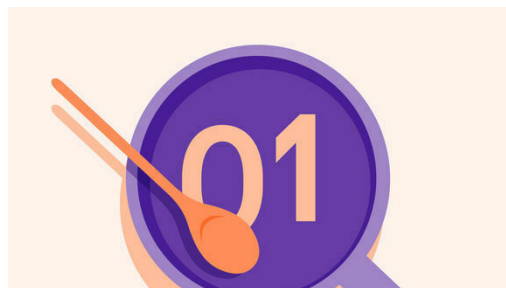
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (1), Fish (2), Gluten (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

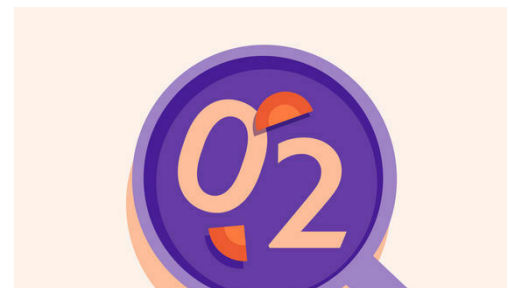
## NUTRITION PER SERVING

Energy 880kcal, Fat 50.8g, Carbs 65.8g, Protein 38.4g



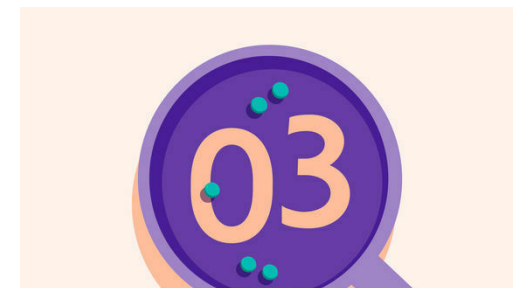
### 1. Bake chips

Preheat the oven to 220C, fan-forced. Line a large oven tray with baking paper. Peel the **potatoes** and **carrot**, then cut into 1cm-thick chips. Put the chips on the lined tray, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Bake for 25 mins or until golden and tender. Remove the **salmon** skin.



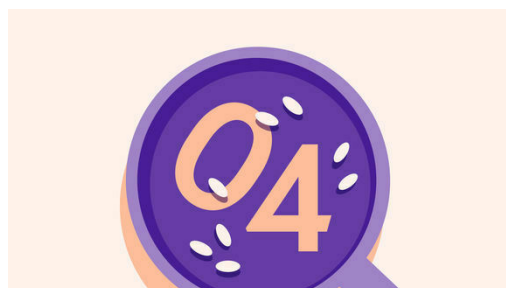
### 2. Coat salmon

Meanwhile, remove the **salmon** skin and season with **salt and pepper**. Whisk **1 egg** in a shallow bowl. Put the **coconut** and **1 tbs plain flour** in separate shallow bowls. Dust the salmon with the flour, shake off the excess, then dip in the egg and coat in the coconut.



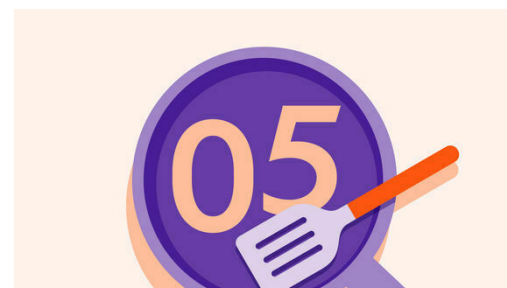
### 3. Pan-fry salmon

Heat **1 tbs olive oil** in a medium frypan over medium-high heat (see Kitchen 101). Cook the **salmon** for 3-4 mins each side until just cooked or cooked to your liking. Remove from the pan.



### 4. Dress salad leaves

Combine **2 tsp olive oil** and **1 tsp white wine vinegar** in a large bowl and season with **salt and pepper**. Add the **salad leaves** and toss to coat.



### 5. Serve up

Divide the **salmon**, **chips** and **salad** among plates. Serve with the **sweet chilli sauce** and enjoy!



### 6. Kitchen 101

Keep a close eye on the salmon so the coconut coating doesn't burn before the salmon is cooked through. If it does start to burn, reduce the heat to medium-low.