



READY TO COOK
BY HARRIS FARM

SWEET CHILLI & SOY BAKED SALMON / OT WITH KOLHRABI SALSA & YOGHURT DRESSING



PREP
20 min



COOK
15 min



SERVES
6

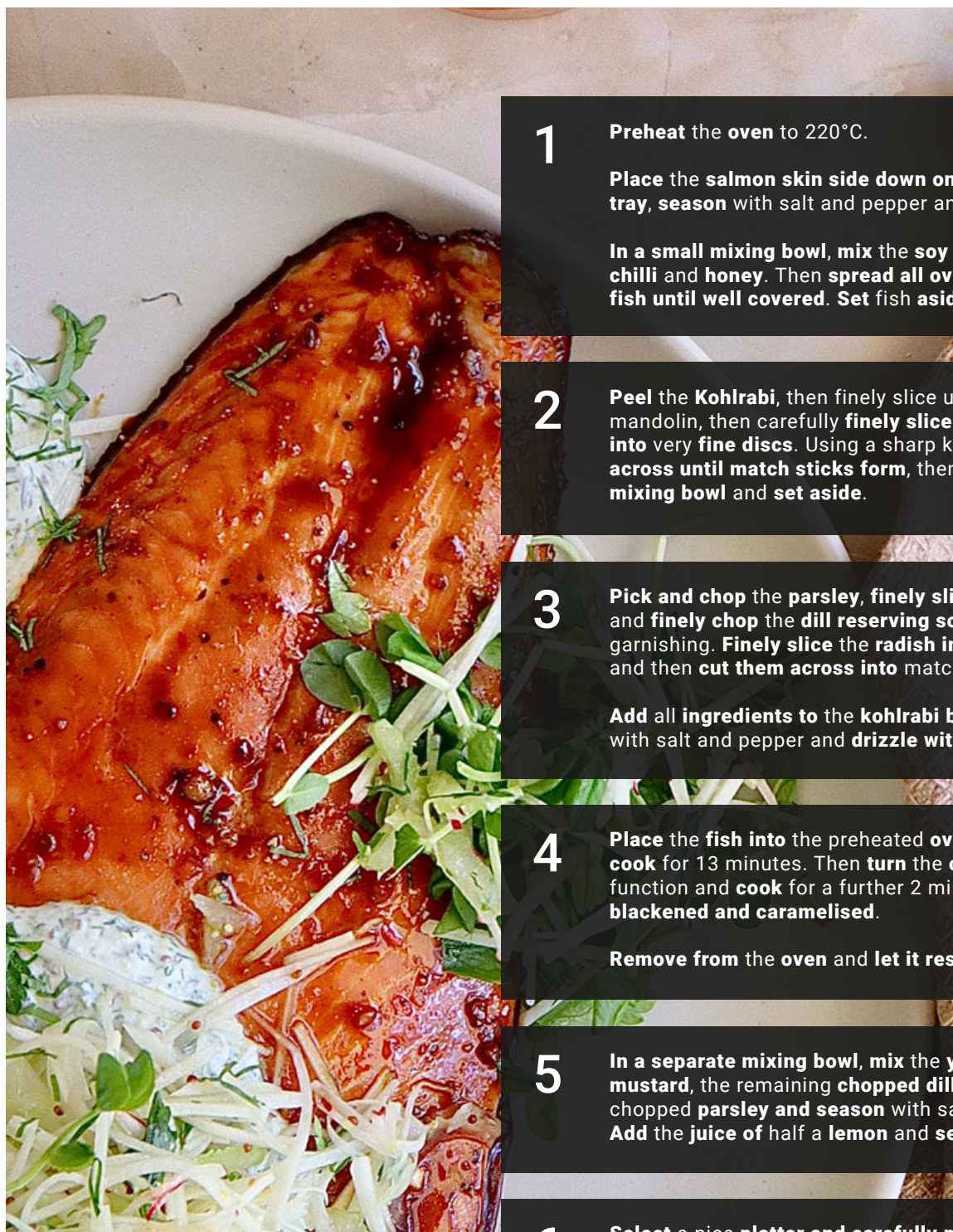
INGREDIENTS:

- > 1 Salmon or Ocean Trout Side Fillet
- > 1 Tbsp Sweet Chilli Sauce
- > 2 Tbsp Soy Sauce
- > 1 Tbsp Seeded Mustard
- > 1 Kohlrabi
- > 2 Radishes
- > ½ Cup Plain Unsweetened Yoghurt
- > 1 Celery Stick
- > ½ Dill Bunch
- > ½ Curly Parsley Bunch
- > ½ Pea Sprouts Punnet
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Honey

METHOD – GET COOKING!



1

Preheat the oven to 220°C.

Place the salmon skin side down on a lined baking tray, **season** with salt and pepper and **set aside**.

In a small mixing bowl, mix the soy sauce, sweet chilli and honey. Then **spread all over** the top of the fish until well covered. **Set fish aside**.

2

Peel the Kohlrabi, then finely slice using a mandolin, then carefully **finely slice** the kohlrabi into very **fine discs**. Using a sharp knife, **finely chop across** until match sticks form, then **place into a mixing bowl** and **set aside**.

3

Pick and chop the parsley, **finely slice** the celery and **finely chop** the dill **reserving some leaves** for garnishing. **Finely slice** the radish into 5mm disks and then **cut them across** into match sticks.

Add all ingredients to the kohlrabi bowl, **season** with salt and pepper and **drizzle with olive oil**.

4

Place the fish into the preheated oven and **let it cook** for 13 minutes. Then **turn the oven to grill** function and **cook** for a further 2 minutes until **blackened and caramelised**.

Remove from the oven and **let it rest** for 5 minutes.

5

In a separate mixing bowl, mix the yoghurt, seeded mustard, the remaining chopped dill, the remaining chopped parsley and **season** with salt and pepper. **Add the juice** of half a lemon and **set aside**.

6

Select a nice platter and **carefully place** the fish on a bed of pea sprouts.

Serve with kohlrabi and celery salsa, seeded mustard and lemon herb yoghurt.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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