



# Cooking Instructions

## Larder Essentials

1 salmon fillet per person  
¼ red pepper per person  
½ lemon  
Plain or corn flour  
Salt  
Pepper  
Coriander leaves,  
Jasmine Rice or Pasta.

## Optional

Ripe yellow fleshed mango (or  
tinned mango slices).  
Vegetables e.g. broccoli, baby  
sweetcorn

## Kit Contents

Sachets of:  
Mango Sauce,  
Fish Sauce (traditional only),  
Coconut Block,  
Lime leaves,  
Dried chilli Flakes.

## Salmon with Spicy Sweet and Sour Mango Sauce

This spicy sweet and sour sauce really invigorates the taste buds. This sauce is to accompany pan-fried salmon fillets. This sauce can be cooked in advance and warmed up just before serving (add a little water first to loosen it up). It can be used for a starter or main course, just adjust the quantities to suit the plate.

### Preparation

1. Put 10g of flour into a bowl and season with salt and pepper and mix together.
2. Cut the salmon fillets into 2cm thick chunks (or leave whole) and add to the bowl of seasoned flour until fully coated.
3. Chop red (or orange or yellow) pepper into 3cm squares.
4. Remove the spine of the lime leaves and slice thinly.
5. Juice the lemon(s).
6. Tear off about 5g of coriander leaves.
7. Prepare the rice or pasta (see packet for quantity).
8. If you managed to get a fresh ripe mango, peel, slice and chop (a quarter per person) into small chunks. Or if using tinned mango slices, a couple of slices per person will do.
9. Prepare any vegetables you are using with this dish e.g. broccoli or baby sweetcorn

### Serving Options:

This dish is served with rice or pasta and some steamed vegetables. The sauce is generally fairly loose but it's just as good when thick.

### Method

1. Heat a couple of tablespoons of oil in pan over medium-high heat. Now fry the seasoned salmon pieces. Fry 3-5 minutes per side until light golden brown and cooked through. Remove the salmon from pan and drain on a paper towel covered plate.
2. Start cooking your rice or pasta.
3. Wipe the pan with a paper towel (or wash and dry it) or use a clean pot. Set over medium heat.
4. Add the mango sauce, red pepper, lime leaves, coconut block and half a cup of water. Bring to a gentle boil for 2 minutes then reduce to a simmer until the red pepper has softened slightly but still retains some crispness.
5. If you are using the small chunks of fresh (or tinned) mango, add them now.
6. Season the sauce for a balance of saltiness, sourness and spice heat.
  - 6.1. Saltiness: Add some fish sauce (or salt), stir, taste and repeat until it has a slight hint of saltiness.
  - 6.2. Sourness: Stir in half lemon juice, stir, taste and repeat until it has a slight hint of sourness. (If too sour, add some sugar)
  - 6.3. Spice Heat: Add a pinch of chilli flakes, stir, taste and repeat until it has your preferred level of heat.
7. Start steaming your vegetables.
8. Stir in the fried salmon pieces gently to cover them with sauce. Simmer until everything is hot. Add a tablespoon of water to keep the sauce loose.
9. Repeat the taste test of the sauce together with the salmon. Repeat the seasoning process above if required.
10. If the sauce has become too thick, add a little water, stir and simmer 2 minutes.
11. Stir in fresh coriander leaves and transfer to a serving dish.
12. Serve with Thai jasmine-scented rice or pasta and steamed vegetables.