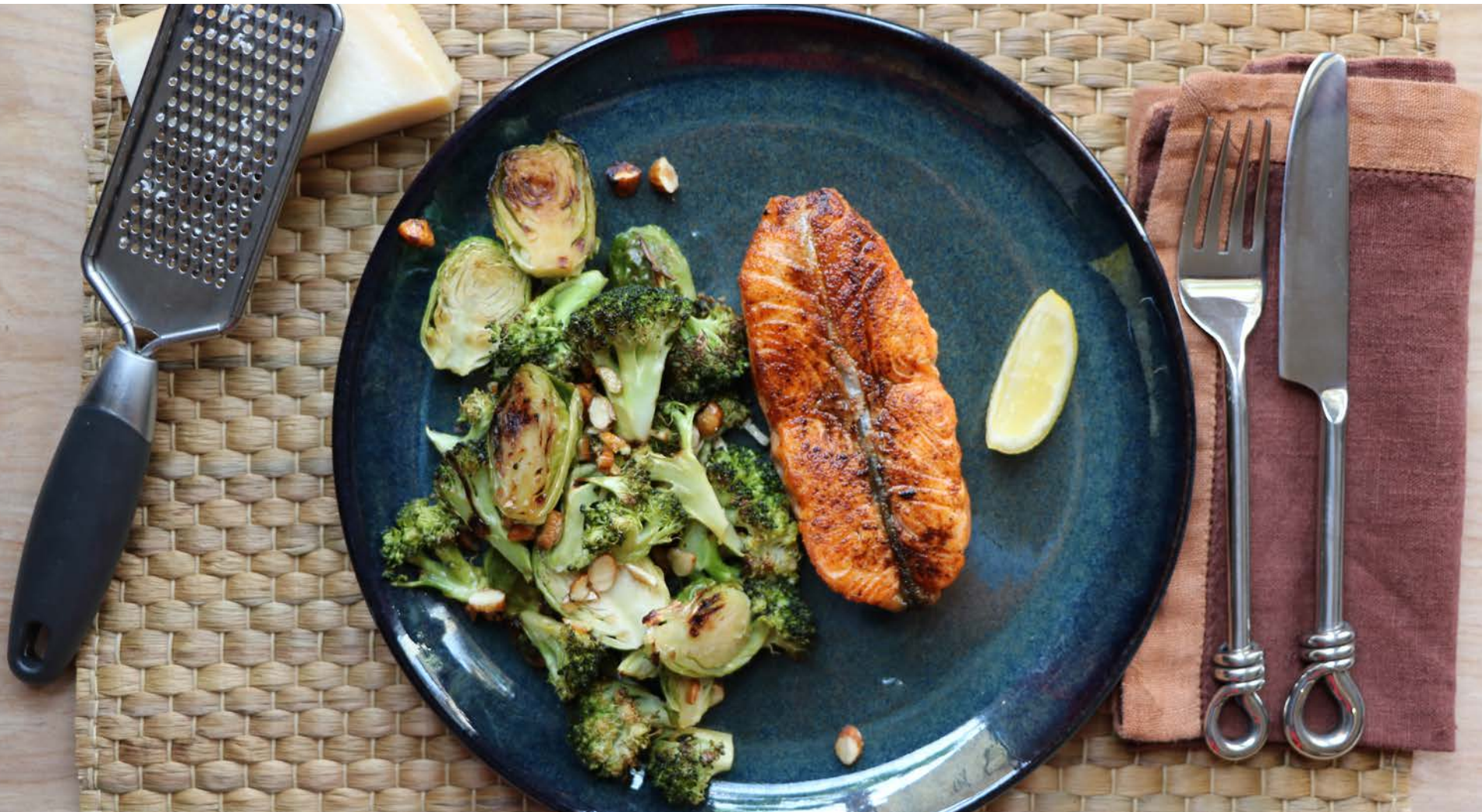


# CRISPY SALMON BUTTERFLY

with Oven Honey Greens



An elegant meal that combines crispy fish and crunchy veg with a tangy twist

**COOKING TIME: 30 MIN**

**CALS 656 | PROT 52.7g | CARBS 15.9g | FAT 40.6g**



## TIPS FOR FUSSY EATERS

Add a few potatoes to the roasting dish.



### 1 PREP

Pre-heat the oven to 200c degrees.

Rinse and cut the **broccoli** into small florets. Cut the **Brussel sprouts** in two. Chop the **almonds** roughly.



### 2 ROAST

Grate the **parmesan**. In an oven tray, pour a dollop of **oil**, the **vinegar**, **honey** and a good pinch of **salt**. Stir in the grated **parmesan** and finally the **vegetables** and **almonds**. Roast in the oven for 20 minutes or until the **vegetables** have a nice roasted color.



### 3 FRY

Season the **salmon** butterflies with **cumin**, **paprika** and **salt**. Put your kitchen fan on and heat a small amount of **oil** at high heat in a pan. Drop the temperature to medium and fry the **salmon** butterflies for 3 minutes per side or until cooked to the desired level.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Salmon butterflies (2pcs)	350g	525g	700g
Cumin powder	2g	3g	4g
Paprika powder	3g	4g	6g
Broccoli	400g	600g	800g
Brussel Sprouts	200g	300g	400g
Brown almonds	30g	45g	60g
Parmesan	30g	45g	60g
Apple vinegar	2g	3g	4g
Honey	5g	7g	10g
Lemon	1	1	1



### 4 SERVE

Serve the **salmon** butterflies with the roasted **honey greens** and a **lemon** wedge.

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