

Chilli & coriander sauce with salmon



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Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

4 thick (about 175g each) Atlantic salmon fillets (skin on)

Olive oil cooking spray

Salt and ground black pepper

2 Lebanese cucumbers, thinly sliced lengthways

100g baby Asian salad leaves

Chilli & coriander sauce (makes 1 cup)

4 long red chillies (about 80g), deseeded

2 small red chillies, deseeded

½ cup lime juice

1 cup firmly-packed coriander leaves

2 tbs fish sauce

¼ cup caster sugar

1. To make chilli & coriander sauce, combine all ingredients in a food processor. Process until evenly chopped. Set aside.
2. Heat a large greased non-stick frying pan or barbecue plate over medium heat. Spray salmon with oil and season with salt and pepper. Cook salmon for 3-4 minutes each side until just cooked through (or cooked to your liking depending on thickness).
3. Toss cucumbers and salad greens in a bowl. Serve salmon with salad and chilli and coriander sauce.



Chillies

- Chillies are rich in vitamin C, beta carotene (which the body converts to vitamin A) and dietary fibre. However, their fiery flavour means we usually consume them only in small quantities.
- Even 10g of chilli will provide half the day's requirement for vitamin C. This vitamin plays a role in the body's defence against infections.