

Crispy Salmon & Spiced Cauliflower Rice

Allergen Advice

- **Free from:** Seeds, Dairy, Soy, Eggs, Gluten, Grains, No Added Sugars
- Can easily be made Nut free
- Could be made moderate in Salicylates, Amines and Glutamates
- Could be made low in FODMAPs

Easy Swaps

- Cauliflower with Rice
- Onion or Garlic with infused oil
- Spices & Herbs with Chives

Serves 4

500g (approx) of salmon fillets with skin on

Salt to taste

2 tablespoon of preferred oil – divided

1 medium pumpkin – peeled and diced

1 large head of fresh cauliflower – roughly chopped

½ cup cashews (optional)

1 large onion or ½ bunch spring onions – finely diced

1/3 cup of dates or currants – pitted and finely diced (optional)

1 teaspoon of grated ginger – or to taste

1 clove of garlic – finely diced

½ teaspoon turmeric

½ teaspoon ground cumin

1 teaspoon of apple cider vinegar (optional)

½ cup of frozen peas

Generous handful of finely chopped herbs like parsley, mint and coriander to garnish



SALMON

1. Wash and debone salmon if required. Pat dry
2. Sprinkle salt on the salmon skin
3. Add 2 teaspoons of the oil in a frypan
4. Heat pan to a moderate heat and then add salmon. Avoid a high heat or salmon will burn
5. As the salmon cooks you will notice that the flesh turns from bright pink, to pale milky pink from the bottom up
6. Once about ½ the flesh (from the bottom up) has changed to the milky pink colour flip the fish over using a spatula
7. Allow to cook for approximately one more minute and then turn the heat off. Leave the salmon in the pan to rest for 3-5 minutes. The residual heat will continue to gently cook the salmon

CAULIFLOWER & VEGETABLES

1. Coat pumpkin in oil and salt and bake in a moderate oven (180C) until cooked through and lightly browned – approx 30 mins
2. Pulse cauliflower in a food processor until it resembles grains of rice. Do this in batches if necessary
3. Dry fry cashew nuts in a hot, fry pan until lightly browned. Remove from pan and set aside
4. Heat remaining oil in pan and add onion. Cook for 1-2 minutes
5. Add dates, ginger, garlic and spices. Cook for another 1-2 minutes until fragrant
6. Add cauliflower and coat well in spices. Cook for 1-2 minutes
7. Add vinegar and remaining vegetables. Cook until just softened and warmed through
8. Serve hot or cold

TO FINISH

1. Add cashews and herbs to cauliflower mixture
2. Arrange cauliflower mixture on a plate and top with salmon

Notes

- Any type of firm fleshed fish, with the skin on can be used for this dish
- The cauliflower dish works well as a salad, and can be kept in the refrigerator overnight to be served the next day if preferred
- To make this dish low in FODMAPs use garlic infused oil, instead of onion/garlic/spring onion, partially replace cauliflower with rice or broccoli, use currants/raisins instead of dates, use peanuts instead of cashews
- To make low-moderate in salicylates replace cauliflower with rice, use leek and/or chives, leave out the spices and add a cup of tolerated vegetables to replace the peas and pumpkin e.g. celery, beans

