

Thai vegetable, pomelo & salmon salad



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Preparation 25 mins | Cooking 5 mins | Serves 4

150g sugar snap peas, trimmed
2 carrots, peeled
½ small Chinese cabbage (Wombok), finely shredded
1 cup coriander leaves
1 cup Thai basil leaves
1 cup bean sprouts, trimmed
1 pomelo or pink grapefruit
4 x 175g pieces Atlantic salmon fillets, pin-boned
Olive oil, for brushing and pan-frying
Lime wedges, to serve

Red chilli dressing
(makes about ½ cup)
4 long red chillies, deseeded and roughly chopped
1 garlic clove, crushed
2½ tbs palm sugar or caster sugar
¼ cup lime juice
1½ tbs fish sauce
½ tsp sea salt

STEP 1 Plunge sugar snap peas into a small saucepan of boiling water and cook for 30 seconds until vibrant. Drain, refresh in cold water and set aside.

STEP 2 To make red chilli dressing, combine all ingredients in a small food processor. Process until sugar dissolves. Set aside.

STEP 3 Using a julienne peeler or knife, cut carrots into long thin strips. Combine carrots, sugar snap peas, cabbage, coriander, Thai basil and bean sprouts in a large bowl. Peel & segment pomelo, removing all white pith. Add to salad.

STEP 4 Brush salmon with oil and season with sea salt and pepper. Heat 2 tbs olive oil in large non-stick frying pan over medium heat. Add salmon, skin-side down, and cook for 3 minutes or until skin is golden and crisp. Turn and cook for a 2-3 minutes or until just cooked through. Drain on paper towel.

STEP 5 Arrange salad on serving plates. Top with salmon, drizzle with red chilli dressing and serve with lime wedges.