



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are actually little flower buds!
They come from a plant called Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



A2 Caper Butter Salmon with Potato Discs

Pan cooked salmon fillets with a lemon and caper butter sauce, served with golden potato discs and fresh apple salad.



25 minutes



2 servings



Fish

25 March 2022

Switch it up!

You can switch out the capers for a fresh or dried herb instead! Save the capers to make a tartare sauce at a later date or enjoy on bagels with cream cheese.

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
PURPLE CARROT	1
APPLE	1
SALMON FILLETS	1 packet
CAPERS	1 jar
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried thyme

KEY UTENSILS

oven tray, frypan

NOTES

If your oven temperature doesn't reach 250°C, you can roast the potatoes at 220°C instead. Add an extra 5 minutes cook time for a golden, crispy finish.

You can dress the salad with your favourite pre-made dressing. To make a quick vinaigrette, whisk together 1/2 tbsp vinegar with 1 tbsp olive oil.



1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Slice potatoes into 1cm thick rounds. Toss on a lined oven tray with **1/2 tsp dried thyme, oil, salt and pepper**. Roast in oven for 20 minutes until golden.



2. PREPARE THE SALAD

Separate, rinse and tear lettuce leaves. Ribbon carrot using a vegetable peeler. Slice apple. Toss together in a large salad bowl (see notes).



3. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon with **oil, salt and pepper**. Add to pan and cook for 3 minutes on one side.



4. COOK THE SAUCE

Turn salmon fillets over. Drain and add capers, along with **1/2 tbsp olive oil, 1 tbsp butter** and 1/2 tbsp lemon juice (wedge remaining). Cook for a further 3-4 minutes until cooked through.



5. FINISH AND SERVE

Divide potatoes, salad and salmon among plates. Spoon caper butter sauce onto salmon and serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

