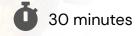




# 🕕 Baked Salmon

# with Warm Potato Salad

Decadent salmon with minimal work — yes please! Served with roasted warm potato salad in a zingy caper dressing.





2 servings



Fish

# Dressing on the side, please!

If all family members aren't the biggest capers fans, serve the dressing on the side instead of tossing it with the potatoes.

#### FROM YOUR BOX

POTATOES	3
CARROT	1
LEMON	1
CAPERS	1/2 jar *
DILL	1 packet
SALMON FILLETS (SKIN OFF)	1 packet
GREEN BEANS	1/2 bag (75g) *
COS LETTUCE	1
ТОМАТО	1

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, maple syrup

#### **KEY UTENSILS**

oven tray

#### **NOTES**

No fish option - salmon fillets are replaced with chicken schnitzels. Heat a frypan with 1-2 tsp oil over medium-high heat. Add chicken and cook for 4-5 minutes each side or until cooked through. Serve with wedged lemon.



#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop potatoes and carrot, toss on one side of a lined oven tray with oil, salt and pepper. Cook for 15 minutes, then see step 3.



#### 2. MAKE THE DRESSING

Zest and juice 1/2 lemon. Whisk together with 3 tbsp olive oil, 1 tsp maple syrup, drained chopped capers and chopped dill.



#### 3. BAKE THE SALMON

Rub salmon with 1 tsp maple syrup, oil, salt and pepper. Thinly slice 1/4 lemon and lay on top. Place salmon on the oven tray next to the potatoes, add green beans to the tray, and bake all for a further 8-10 minutes or until cooked to your liking.



# 4. MAKE THE SALAD

Roughly chop lettuce, dice tomato and toss together.



# **5. TOSS THE POTATOES**

Toss roasted vegetables with 1/2 the dressing. Season with salt and pepper.



### 6. FINISH AND PLATE

Wedge remaining lemon.

Serve salmon with warm potato salad, fresh salad, remaining sauce and lemon wedges.



