



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Salmon

Some types of salmon can grow up to 1.5 metres long and weigh 60 kilos! That would be hard to fit onto our oven tray in this recipe.

## 1 Baked Salmon with Warm Potato Salad

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

 30 minutes

 2 servings

 Fish

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*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
TOMATO	1

*\*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.

**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**

