



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

 4 servings

 Fish

17 August 2020

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	800g
CARROTS	2
LEMON	1
CAPERS	1/2 jar *
DILL	1 packet
SALMON FILLETS (SKIN OFF)	2 packets
GREEN BEANS	1 bag (150g)
GEM LETTUCE	1 *
TOMATOES	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays

NOTES

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



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop potatoes and carrots, toss on a lined oven tray with **oil, salt and pepper**. Cook for 20 minutes, see step 4.



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

Place salmon on another lined oven tray. Rub with **2 tsp maple syrup, oil, salt and pepper**. Thinly slice remaining lemon and lay on top of the salmon. Bake for 8-10 minutes or until cooked to your liking.



4. ADD THE BEANS

Trim and halve green beans. Add to tray with potatoes and roast for further 5 minutes.

Roughly chop lettuce, dice tomatoes and toss together.



5. TOSS THE POTATOES

Toss roasted vegetables with the dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Serve salmon with warm potato salad and fresh salad.

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**

