



Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Salmon Fillets with Dill Potato Salad

Salmon fillets mildly spiced served with a potato salad tossed in a dill and shallot yoghurt dressing with fresh and crunchy radishes and lettuce.



30 minutes



2 servings



Fish

Switch it up!

Switch the yoghurt for mayonnaise or aioli if preferred. You can also add boiled eggs and sliced celery to the potato salad to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	18g	28g

FROM YOUR BOX

MEDIUM POTATOES	3
DILL	1 packet
SHALLOT	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	1 packet
RADISHES	1 bunch
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

frypan, saucepan

NOTES

Boil kettle and cover potatoes with hot water to speed up the cooking time.

Use radishes to taste. Soak radish slices in a bowl of cold water to reduce their peppery flavour. Drain well before adding to the bowl.

Thoroughly wash lettuce leaves to remove any hidden sand or dirt.



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1. BOIL THE POTATOES

Dice **potatoes**. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain **potatoes**.



2. PREPARE THE DILL YOGHURT

Roughly chop **dill** (including tender stems) and finely dice **shallot**. Add to a large bowl along with **yoghurt**, **1 tbsp olive oil**, **1 tbsp water**, **salt** and **pepper**. Mix to combine.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Coat **salmon** with **oil**, **1 tsp paprika**, **salt** and **pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking.



4. PREPARE THE VEGETABLES

Scrub and thinly slice **radishes** (see notes). Add to bowl with **dill yoghurt**.



5. TOSS THE POTATOES

Add **drained potatoes** to **dill yoghurt** and toss to combine.



6. FINISH AND SERVE

Roughly chop **lettuce leaves** and arrange on a platter. Top with **potato salad**. Serve tableside with **salmon fillets**.

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