D2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon

Tossing salmon bites in a little cornflour before frying gives them a light, golden crust. Pat the pieces dry first so the coating sticks and crisps rather than steams.

Salmon with Crispy Potatoes

and Mustard Dressing

Pan-fried salmon bites served with crispy roasted baby potatoes and carrots, broccoli, luscious honey mustard dressing and fresh parsley.

30 minutes 2 servings Fish

Switch it up!

Want to reduce the amount of dishes? You can roast the salmon and broccoli on the oven tray along with the veggies. Skip coating the salmon in cornflour and add seasoned salmon and broccoli florets for the last 8-10 minutes of roasting time.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	17g	31g

FROM YOUR BOX

BABY POTATOES	400g
CARROTS	2
SALMON FILLETS	1 packet
BROCCOLI	1
GARLIC CLOVE	1
HONEY	1 shot
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, cornflour, seeded mustard

KEY UTENSILS

frypan, oven tray

NOTES

If you want some extra flavour on your salmon add ground paprika, lemon pepper, or a dried herb such as dried oregano or dill.

For a more child-friendly option, mix the honey and mustard with mayonnaise or aioli.

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1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve **potatoes** and roughly chop **carrots**. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 25 minutes, or until golden and tender.



2. PREPARE THE INGREDIENTS

Cut **salmon** into bites. Season with **salt and pepper** (see notes) and toss with **1 tbsp cornflour**. Chop **broccoli** into florets and crush **garlic**.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Add **oil** to coat base of pan. Add **salmon** to pan and cook for 2-4 minutes each side until golden and cooked to your liking. Remove to a plate and keep pan over heat for step 4.



4. COOK THE BROCCOLI

Add **broccoli**, **garlic** and **1/4 cup water** to pan over heat. Cook, covered, for 3 minutes until **broccoli** is tender. Season to taste with **salt and pepper**.



5. MAKE THE DRESSING

Add **honey, 1 tbsp seeded mustard** (see notes), **1/2-1 tsp vinegar**, **2 tbsp olive oil**, **1 tbsp water**, **salt and pepper** to a bowl. Whisk to combine.



6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide **roasted vegetables** among plates. Serve with **salmon** and **broccoli**. Drizzle over **mustard dressing** and garnish with **parsley.**

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