



Product Spotlight: Salmon

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



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
	34g	17g	56g

FROM YOUR BOX

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

FROM YOUR PANTRY

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

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.



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**.



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**.



5. MAKE THE DRESSING

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



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.



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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

