



Product Spotlight: Salmon

Salmon is an excellent source of high quality protein, vitamins and minerals.

Rinse your fillets before cooking to remove any stray scales.



Spanish Salmon

with Patatas Bravas

A mild but tasty version of the much loved Spanish street food! Crispy potatoes, covered in a rich tomato sauce with Spanish flavours, served with salmon fillets and corn cobs.



25 minutes



2 servings



Fish

Switch it up!

If you don't feel like making the sauce, you can roast the tomatoes in the oven with the salmon and corn.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	32g	65g

FROM YOUR BOX

MEDIUM POTATOES	3
BROWN ONION	1
CHERRY TOMATOES	1 bag (200g)
SPANISH SPICE MIX	1 sachet
CORN COB	1
SALMON FILLETS	1 packet
PARSLEY	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, sugar (of choice)

KEY UTENSILS

oven tray, frypan or saucepan

NOTES

Roast the potatoes on the top shelf of the oven for a more golden finish.

You can use any leftover Spanish spice mix for flavouring rice, omelettes or roast veggies.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes (see step 3).



2. COOK THE SAUCE

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice onion and halve tomatoes. Add to pan as you go along with **3 tsp Spanish spice mix** and **2 tbsp water**. Cook, stirring occasionally, for 15 minutes (see step 4).



3. ROAST THE SALMON & CORN

Meanwhile, cut corn into cobs. Coat corn and salmon fillets with **2 tsp Spanish spice mix, oil, salt and pepper**. Place on same tray as potatoes (or on a separate tray) and roast for a further 10 minutes until cooked through.



4. FINISH THE SAUCE

Gently squash the tomatoes with a fork. Season with **1/2 tbsp vinegar, 1 tsp sugar, salt and pepper**.



5. FINISH AND SERVE

Remove the potatoes to a serving plate and cover with sauce. Chop parsley and sprinkle on top. Serve with salmon and corn.



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