



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".



Baked Salmon with Burst Tomatoes and Basil

Salmon fillets on a bed of roasted cherry tomatoes and tender green beans. Served with a lemon basil sauce and baby potatoes.



35 minutes



Fish



2 servings

Switch it up!

You could toss the tomatoes, sliced green beans and baked salmon through pasta along with the basil sauce for a different take on the dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	25g	33g

FROM YOUR BOX

BABY POTATOES	400g
CHERRY TOMATOES	200g
LEMON	1
BASIL	1 packet
ALMOND MEAL	40g
GREEN BEANS	150g
SALMON FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, dried oregano, balsamic vinegar

KEY UTENSILS

oven tray, oven dish stick mixer or blender

NOTES

For a child friendly sauce, you can add some mayonnaise or parmesan cheese to the basil sauce to take the edge off the lemon flavour.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve **potatoes** and toss with **1 tsp oregano, oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.



2. ROAST THE TOMATOES

Halve **tomatoes** and place in a lined oven dish with **1/2 tbsp vinegar and 1 1/2 tbsp olive oil**. Roast in oven for 10 minutes until beginning to break down.



3. MAKE THE BASIL SAUCE

Zest **lemon** to yield 1 tsp and set aside (for step 4).

Blend together **basil leaves** (reserve some for garnish), **almond meal, 1/2 lemon juice** (wedge remaining), **1/4 cup olive oil and 1/4 cup water** using a stick mixer or blender until smooth (see notes).



4. BAKE THE SALMON

Trim **green beans**. Rinse and pat dry **salmon fillets**. Coat with **lemon zest, 1/2 tsp oregano, salt and pepper**. Place in dish with **tomatoes** and top with **1 tbsp butter**. Return to oven for 10 minutes or until **salmon** is cooked through.



5. FINISH AND SERVE

Spoon **basil sauce** over **salmon**. Serve with **lemon wedges** and **potatoes**.



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