



Product Spotlight: Broccoli

Forgot about the broccoli at the back of your fridge? Cut it into pieces with the stem attached and soak in a bowl of ice cold water in the fridge for 30 minutes. Drain and dry before using.



Baked Salmon with Lemon Sauce

Flaky oven-baked salmon is nestled in a creamy lemon and garlic sauce, served with golden roasted potatoes and tender broccoli for a bright yet comforting dinner.



40 minutes



Fish



2 servings

Bulk it up!

Add cherry tomatoes to the roasting tray for bursts of sweetness. Scatter baby spinach into the hot sauce to gently wilt before serving.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	41g	61g

FROM YOUR BOX

BABY POTATOES	500g
SALMON FILLETS	1 packet
SHALLOT	1
GARLIC CLOVE	1
LEMON	1
BROCCOLI	1
PARSLEY	1 packet
CHICKEN STOCK PASTE	1 jar
CREAM CHEESE	140g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven tray, oven dish, frypan

NOTES

Roast the potatoes cut-side down for extra crispiness. Add some shaved or grated parmesan cheese in the last 5 minutes for extra flavour!



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1. ROAST THE POTATOES

Set oven to 220°C.

Halve **potatoes** and toss on a lined oven tray with **oil**, **1 tsp oregano**, **salt and pepper** (see notes). Roast for 25 minutes, or until golden.



4. ADD THE BROCCOLI

Remove **potatoes** from the oven. Add **broccoli florets** to the tray. Toss with **oil**, **salt and pepper**. Return to the oven and roast for a further 5-10 minutes or until **broccoli** is tender.



2. PREPARE THE INGREDIENTS

Pat **salmon** dry and season with **salt and pepper**. Dice **shallot**, crush **garlic**, zest and halve **lemon**, and cut **broccoli** into florets.

Finely chop **parsley**, including tender stems, and set aside.



3. BAKE THE SALMON

In a small frypan, add **shallot**, **garlic**, **lemon zest**, **lemon juice**, **stock paste**, **cream cheese**, **1 cup water**, **salt and pepper** to a bowl. Stir to melt and combine.

Pour **sauce** into an oven dish and add **salmon**. Bake for 10-12 minutes or until **salmon** is cooked to your liking.



5. FINISH AND SERVE

Divide **roasted potatoes** and **broccoli** among shallow bowls. Add **salmon** and spoon over **sauce**. Garnish with **parsley**.

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