



### 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".



## Cajun Salmon

### with Corn Salsa and Roast Potatoes

Salmon fillets pan-fried in a family friendly cajun spice mix, served with roasted potatoes and a fresh lime-dressed charred corn salsa.



30 minutes



2 servings



Fish

## Less dishes?

*For less cleaning up after dinner, add the salmon fillets and corn to the oven tray and roast with the potatoes. Corn cobs can roast for the same time as the potatoes, add seasoned salmon for the last 10-15 minutes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	29g	63g

## FROM YOUR BOX

MEDIUM POTATOES	3
CORN COB	1
LIME	1
AVOCADO	1
TOMATO	1
SALMON FILLETS	1 packet
FAMILY CAJUN SPICE MIX	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

frypan, oven tray

## NOTES

Cut potatoes to your preference! Wedges, chips, roughly diced, the options are endless!

*Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.*



### 1. ROAST THE POTATOES

Set oven to 220°C.

Slice **potatoes** (see notes) and toss on a lined oven tray with **oil, 2 tsp oregano, salt and pepper**. Roast for 20–25 minutes until golden and tender.



### 2. CHAR THE CORN KERNELS

Heat a frypan over medium–high heat with **oil**. Remove **corn kernels** from cob. Cook for 3–4 minutes, or until charred. Reserve pan for step 4.



### 3. MAKE THE SALSA

Zest **lime** and juice half (wedge remaining lime). Add to a bowl. Dice **avocado** and **tomato**. Add to bowl as you go along with charred corn. Season to taste with **salt and pepper**. Toss to combine.



### 4. COOK THE SALMON

Coat **salmon** in **oil, spice mix, salt and pepper**. Add to reserved pan over medium–high heat. Cook for 2–4 minutes until cooked to your liking.



### 5. FINISH AND SERVE

Divide roasted potatoes and corn salsa among plates. Serve with salmon fillets and lime wedges.



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