

**Product Spotlight:
Sweet Potato**

Sweet potatoes originated more than 5000 years ago and aren't only orange; they can be cream, yellow, pink and purple too!



Panko Crusted Salmon

with Sweet Potato Chips

Salmon fillets roasted in the oven with a lemon, parsley and panko topping, served with sweet potato fries, lemon wedges and aioli for dipping!



30 minutes



2 servings



Fish

Make a lemon aioli!

Instead of adding the lemon zest into the crumb, make a lemon aioli! Zest lemon to yield 1-2 tsp and combine with aioli and juice from 1/2 lemon.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	37g	36g

FROM YOUR BOX

SWEET POTATOES	400g
LEMON	1
PANKO CRUMBS	30g
PARSLEY	1 packet
SALMON FILLETS	1 packet
BROCCOLINI	1 bunch
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, frypan

NOTES

Serve the sweet potatoes as wedges, halves or mash if you prefer!

If you have some pesto at home, you can spread 1/2 tbsp on to the salmon before adding the crumbs and roasting.

No gluten option – panko is replaced with **quinoa flakes**. Cook as per recipe instructions.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into chips (see notes). Toss on an oven tray with **oil, salt and pepper**. Roast for 25 minutes or until golden. (See step 3).



4. COOK THE BROCCOLINI

Heat a frypan with **oil** and **1/4 cup water**. Trim and add **broccolini**. Bring to a boil and cook, covered, for 3–5 minutes or until softened to your liking. Transfer to a serving bowl.



2. PREPARE THE CRUMB

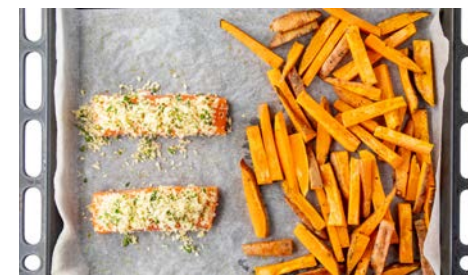
Zest the **lemon** to yield 1/2–1 tsp.

Combine zest with **panko crumbs**, 1/3 packet finely chopped **parsley**, **1 1/2 tbsp oil, salt and pepper** in a bowl and mix to combine.



5. FINISH AND SERVE

Serve crusted salmon with sweet potato chips, broccolini and lemon cut into wedges. Use the **aioli** for dipping and sprinkle with any leftover parsley.



3. ROAST THE SALMON

When there is about 10 minutes left of cooking the sweet potatoes, remove the tray from the oven. Add **salmon** and top with the crumb mixture (see notes). Roast for a further 8–10 minutes or until golden and cooked to your liking.

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