DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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!
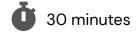
Panko Crusted Salmon

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
	38g	58g	42g

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).

2. PREPARE THE CRUMB

Zest the lemon to yield 1/2-1 tsp.

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

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 further 8-10 minutes or until golden and cooked to your liking.

4. COOK THE BEANS

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

5. FINISH AND SERVE

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