



Product Spotlight: Salmon

Salmon is an excellent source of many B vitamins. These are important as they give you energy, control inflammation, and protect your heart and brain!



Roasted Salmon with Smashed Potatoes

Roasted salmon fillets and smashed golden baby potatoes served with green beans, lemon wedges and a smooth avocado basil sauce.



35 minutes



2 servings



Fish

Make parcels

Parboil and slice baby potatoes and arrange in a parcel with green beans, salmon fillet and a lemon slice. Top with a dollop of butter and bake in the oven for 15-20 minutes until cooked through.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	33g	51g

FROM YOUR BOX

BABY POTATOES	400g
AVOCADO	1
LEMON	1
BASIL	20g
SALMON FILLETS	1 packet
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, olive oil/butter, salt, pepper

KEY UTENSILS

saucepan, stick mixer, oven tray, oven dish

NOTES

Serve salmon with boiled potatoes, mash or wedges if you prefer!

Add some seasoning to the salmon such as lemon pepper, fennel seeds or a slice of lemon.



1. BOIL THE POTATOES

Set oven to 220°C.

Place **potatoes** in a large saucepan of water (halve any larger ones). Bring to a boil and simmer for 12–15 minutes or until softened. Drain and see step 3, reserve pan for step 5.



2. MAKE THE AVOCADO SAUCE

Place **avocado**, **1/3 cup water** and juice from **1/2 lemon** in a jug. Use a stick mixer to blend until smooth. Finely chop and stir through **basil leaves**, season to taste with **salt and pepper**.



3. ROAST THE POTATOES

Once potatoes are soft, arrange on a lined oven tray and squash using the base of a mug. Drizzle with **oil** and season with **salt and pepper**. Roast in the oven for 10–12 minutes or until golden and crispy (see notes).



4. ROAST THE SALMON

Arrange **salmon fillets** in a lined oven dish (alternatively next to the potatoes if there is space!). Season with **salt and pepper** (see notes). Place in the oven and roast for 8–10 minutes or until cooked to your liking.



5. PREPARE THE BEANS

Trim **beans** and place in the reserved saucepan with **1/2 cup water**. Bring to a boil and simmer for 3 minutes or until cooked to your liking. Drain and toss with **olive oil (or butter), salt and pepper**.



6. FINISH AND SERVE

Serve smashed potatoes and roasted salmon with beans, avocado sauce and remaining lemon cut into wedges.



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