



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Salmon Bites & Lemon Aioli with Wedges

Marinated salmon bites served with golden wedges, slaw and a simple lemon aioli for dipping. This family meal is full of flavour and nutrition.

 35 minutes

 2 servings

 Fish

Leave it whole

Leave the salmon fillets whole and cook in the oven, on the barbecue or in a frypan if you prefer!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	32g	41g

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
AIOLI	100g
GARLIC CLOVE	1
SALMON FILLETS	1 packet
GREEN APPLE	1
SHREDDED CABBAGE	250g
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider or red wine vinegar, mustard (wholegrain or dijon), honey (or sugar)

KEY UTENSILS

oven tray x 2

NOTES

Serve the aioli plain, or mix it with 1-2 tsp dried tarragon, smoked paprika, or the fresh dill instead!

You can cook the salmon bites in a frypan if you prefer!



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1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into chips or wedges. Toss with **oil** and **salt** on a lined oven tray. Roast in the oven for 25 minutes or until golden and tender.



4. BAKE THE SALMON

Arrange the **salmon bites** on a second lined oven tray and bake in the oven for 5-7 minutes or until cooked through (see notes).



2. PREPARE THE AIOLI

Zest lemon to yield 1-2 tsp. Stir to combine with **aioli** and **juice from 1/4 lemon** (see notes). Set aside in the fridge until serving.



5. DRESS THE SLAW

Meanwhile, whisk together **2 tbsp oil**, **2 tbsp vinegar**, **1 tsp honey**, **2 tsp mustard**, **salt and pepper** in a large bowl. Slice **apple** and add to bowl along with **cabbage**. Toss until combined.



3. MARINATE THE SALMON

Combine 1-2 **tbsp oil** with **juice from 1/4 lemon**, **crushed garlic**, **salt**, and **pepper** in a bowl. Cut **salmon** into bite-size pieces and toss to marinate.



6. FINISH AND SERVE

Chop **dill fronds** and cut any remaining **lemon** into wedges.

Serve **salmon bites** with **roasted wedges**, **slaw** and **lemon aioli** for dipping. Sprinkle with **dill** to garnish.

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