



Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.

Salmon Fillets with Dill Potato Salad

Salmon fillets mildly spiced served with a potato salad tossed in a dill and shallot yoghurt dressing with fresh and crunchy radishes and lettuce.



30 minutes



2 servings



Fish

Switch it up!

Switch the yoghurt for mayonnaise or aioli if preferred. You can also add boiled eggs and sliced celery to the potato salad to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	28g	57g

FROM YOUR BOX

MEDIUM POTATOES	3
DILL	1 packet
SHALLOT	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	1 packet
RADISHES	1 bunch
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

frypan, saucepan

NOTES

Boil kettle and cover potatoes with hot water to speed up the cooking time.

Use radishes to taste. Soak radish slices in a bowl of cold water to reduce their peppery flavour. Drain well before adding to the bowl.

Thoroughly wash lettuce leaves to remove any hidden sand or dirt.



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1. BOIL THE POTATOES

Dice potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain potatoes.



2. PREPARE THE DILL YOGHURT

Roughly chop dill (including tender stems) and finely dice shallot. Add to a large bowl along with yoghurt, **1 tbsp olive oil**, **1 tbsp water**, **salt and pepper**. Mix to combine.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon with **oil**, **1 tsp paprika**, **salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking.



4. PREPARE THE VEGETABLES

Scrub and thinly slice radishes (see notes). Add to bowl with dill yoghurt.

Pull apart lettuce leaves and roughly tear or chop.



5. TOSS THE POTATOES

Add drained potatoes to dill yoghurt and toss to combine.



6. FINISH AND SERVE

Arrange lettuce leaves on a platter (see notes). Top with potato salad. Serve tableside with salmon fillets.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

