

**Product Spotlight:
Abhi's**

Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



Salmon with Cherry Tomato Sauce and Garlic Bread

Salmon fillets, served with a bursting cherry tomato and lemon sauce, with fresh and crunchy gem lettuce and herbed focaccia garlic bread.



30 minutes



2 servings



Fish

Bulk it up!

Want to get some extra servings or bulk up this dish? Serve with a side of sautéed green veggies or add extra fresh veggies to the side salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	38g	57g

FROM YOUR BOX

GARLIC CLOVE	1
LEMON	1
PARSLEY	1 packet
GEM LETTUCE	3-pack
SALMON FILLETS	1 packet
CHERRY TOMATOES	200g
HERB FOCACCIAS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

Substitute butter with olive if preferred.

Cook butter and garlic mixture for a few minutes if you don't like raw garlic flavour in your garlic bread.

No gluten option - herb focaccias are replaced with GF Turkish rolls.



1. PREPARE THE INGREDIENTS

Soften **25g butter** and set oven to 220°C.

Crush **garlic**, zest and halve **lemon**. Finely chop **parsley** and add to a bowl along with **butter**, 1/2 garlic, **salt and pepper**. Mix to combine (see notes). Separate and rinse **lettuce** leaves. Coat **salmon** with **oil, salt and pepper** and set aside.



4. PREPARE THE GARLIC BREAD

Slice **focaccias** 3/4 of the way through at 2cm intervals. Place on oven tray. Smear butter mix into the cuts. Wrap in a large sheet of foil or baking paper, place in oven for 10 minutes.



2. COOK THE SALMON

Heat a large frypan over medium-high heat with **oil**. Add salmon and cook for 2-4 minutes each side or until cooked to your liking. Remove to a plate and keep pan over heat for step 3.



3. COOK THE TOMATOES

Re-heat large frypan to medium-high heat with **3 tbsp oil**. Add **tomatoes**, garlic and lemon zest and toss to coat. Cook, semi-covered, for 5-7 minutes until the tomatoes are blistered and bursting. Reduce to medium heat and squeeze in lemon juice. Cook for a further 2 minutes.



5. FINISH AND SERVE

Season tomatoes with **salt and pepper**.

Divide lettuce leaves and garlic bread among plates. Add salmon and spoon over cherry tomatoes and pan sauce.



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