

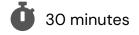




Salmon with Crispy Potatoes

and Mustard Dressing

Pan-fried salmon bites served with crispy roasted baby potatoes and carrots, broccoli, luscious honey mustard dressing and fresh parsley.





2 servings



Switch it up!

Want to reduce the amount of dishes? You can roast the salmon and broccoli on the oven tray along with the veggies. Skip coating the salmon in cornflour and add seasoned salmon and broccoli florets for the last 8-10 minutes of roasting time.

TOTAL FAT CARBOHYDRATES

62g

FROM YOUR BOX

BABY POTATOES	400g
CARROTS	2
SALMON FILLETS	1 packet
BROCCOLI	1
GARLIC CLOVE	1
HONEY	1 shot
BAVARIAN MUSTARD	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, cornflour

KEY UTENSILS

frypan, oven tray

NOTES

If you want some extra flavour on your salmon add ground paprika, lemon pepper, or a dried herb such as dried oregano or dill.

For a more child-friendly option, mix the honey and mustard with mayonnaise or aioli.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve **potatoes** and roughly chop **carrots**. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 25 minutes, or until golden and tender.



2. PREPARE THE INGREDIENTS

Cut salmon into bites. Season with salt and pepper (see notes) and toss with 1 tbsp cornflour. Chop broccoli into florets and crush garlic.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Add oil to coat base of pan. Add to pan and cook for 2-4 minutes each side until golden and cooked to your liking. Remove to a plate and keep pan over heat for step 4.



4. COOK THE BROCCOLI

Add **broccoli**, **garlic** and **1/4 cup water** to pan over heat. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



5. MAKE THE DRESSING

Add honey, mustard (see notes), 1/2-1 tsp vinegar, 2 tbsp olive oil, 1 tbsp water, salt and pepper to a bowl. Whisk to combine.



6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide roasted vegetables among plates. Serve with salmon and broccoli. Drizzle over mustard dressing and garnish with parsley.

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



