



Product Spotlight: Salmon

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



Cajun Salmon

with Corn Salsa and Roast Potatoes

Salmon fillets pan-fried in a family friendly cajun spice mix, served with roasted potatoes and a fresh lime dressed charred corn salsa.



30 minutes



4 servings



Fish

Less dishes?

For less cleaning up after dinner, add the salmon fillets and corn to the oven tray and roast with the potatoes. Corn cobs can roast for the same time as the potatoes, add seasoned salmon for the last 10-15 minutes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	24g	54g

FROM YOUR BOX

MEDIUM POTATOES	800g
CORN COBS	2
LIME	1
AVOCADO	1
TOMATOES	2
SALMON FILLETS	2 packets
FAMILY CAJUN SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, oven tray

NOTES

Cut potatoes to your preference! Wedges, chips, roughly diced, the options are endless!

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.



1. ROAST THE POTATOES

Set oven to 220°C.

Slice **potatoes** (see notes) and toss on a lined oven tray with **oil**, **1 tbsp oregano**, **salt and pepper**. Roast for 20–25 minutes until golden and tender.



4. COOK THE SALMON

Coat **salmon** in **oil**, **spice mix**, **salt and pepper**. Add to reserved pan over medium-high heat. Cook for 2–4 minutes until cooked to your liking.



2. CHAR THE CORN KERNELS

Heat a frypan over medium-high heat with **oil**. Remove **corn kernels** from cobs. Cook for 3–4 minutes, or until charred. Reserve pan for step 4.



3. MAKE THE SALSA

Zest **lime** and juice half (wedge remaining lime). Add to a bowl. Dice **avocado** and **tomatoes**. Add to bowl as you go along with charred corn. Season to taste with **salt and pepper**. Toss to combine.



5. FINISH AND SERVE

Divide roasted potatoes and corn salsa among plates. Serve with salmon fillets and lime wedges.



Scan the QR code to
submit a Google review!

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**

