



Product Spotlight: Lemon

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



Mediterranean Salmon

with Golden Wedges

Salmon baked in a parcel with cherry tomatoes, capers, lemon and butter and served with golden herb wedges and finished with fresh dill.



35 minutes



4/6 servings



Fish

Switch it up!

Add olives, feta cheese or extra vegetables such as leek and zucchini to the parcels to switch it up!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g	17g	35g

FROM YOUR BOX

	4 PERSON	6 PERSON
POTATOES	1kg	1.5kg
LEMON	1	2
CHERRY TOMATOES	200g	2 x 200g
BABY CAPERS	1 jar	1 jar
SALMON FILLETS	2 packets	3 packets
DILL	1 packet	1 packet
MESCLUN LEAVES	60g	2 x 60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried oregano, baking paper

KEY UTENSILS

2 oven trays

NOTES

You can add the parcel ingredients to an oven dish and cover before baking instead of making individual parcels.



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **potatoes** and toss with **lemon zest**, 1–2 tsp **oregano**, **oil**, **salt** and **pepper** on a lined oven tray. Roast for 25–30 minutes or until golden and cooked through.



4. WRAP THE PARCELS

To wrap each parcel, bring long sides of the paper together, fold over and place short sides underneath to seal. Place **parcels** on a second oven tray and bake for 10–15 minutes or until the **salmon** is cooked through.



2. PREPARE THE INGREDIENTS

Slice 1/2 lemon (wedge remaining) and halve **tomatoes**. Drain **capers**.

Coat **salmon fillets** with 1–2 tsp **oregano**, **salt** and **pepper**.

6P – slice 1 lemon (wedge remaining) and halve tomatoes.



3. ASSEMBLE THE PARCELS

Place **4 large sheets of baking paper** on the bench (see notes). Arrange even amounts of **tomatoes** and **capers** on each piece. Top with **salmon fillets**, **lemon slices**, 1/2 tbsp **butter** and a **sprig of dill**.

6P – use 6 sheets of baking paper.



5. FINISH AND SERVE

Divide **wedges**, **fish parcels** and **mesclun leaves** among plates. Garnish with fresh **dill** and serve with lemon wedges.



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