

**Product Spotlight:
Sweet Potato**

Sweet potatoes originated more than 5000 years ago and aren't only orange; they can be cream, yellow, pink and purple too!



Panko Crusted Salmon

with Sweet Potato Chips

Salmon fillets roasted in the oven with a lemon, parsley and panko topping, served with sweet potato fries, lemon wedges and aioli for dipping!



30 minutes



4 servings



Fish

Make a lemon aioli!

Instead of adding the lemon zest into the crumb, make a lemon aioli! Zest lemon to yield 1-2 tsp and combine with aioli and juice from 1/2 lemon.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	39g	38g

FROM YOUR BOX

SWEET POTATOES	800g
LEMON	1
PANKO CRUMBS	30g
PARSLEY	1 packet
SALMON FILLETS	2 packets
GREEN BEANS	250g
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray x 2, frypan

NOTES

Serve the sweet potatoes as wedges, halves or mash if you prefer!

If you have some pesto at home, you can spread 1/2 tbsp on to the salmon before adding the crumbs and roasting.

We have swapped broccolini for green beans due to shortage.

No gluten option – panko is replaced with quinoa flakes. Cook as per recipe instructions.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into chips (see notes). Toss on an oven tray with **oil, salt and pepper**. Roast for 25 minutes or until golden. (See step 3).



4. COOK THE BEANS

Heat a frypan with **oil** and **1/4 cup water**. Trim and add beans. Bring to the boil and cook, covered, for 3–5 minutes or until softened to your liking. Transfer to a serving bowl.



2. PREPARE THE CRUMB

Zest the lemon to yield 1/2–1 tsp.

Combine zest with panko crumbs, 1/3 packet finely chopped parsley, **1 1/2 tbsp oil, salt and pepper** in a bowl and mix to combine.



5. FINISH AND SERVE

Serve crusted salmon with sweet potato chips, beans and lemon cut into wedges (see notes). Use the aioli for dipping and sprinkle with any leftover parsley.



3. ROAST THE SALMON

Place salmon on a lined baking tray and top with the crumb mixture (see notes). Roast for 8–10 minutes or until golden and cooked to your liking.

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