



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



4/6 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
4/6 Person:	23g	49g	41g/46g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
LEMON	1	1
PANKO CRUMBS	30g	2 x 30g
PARSLEY	1 packet	1 packet
SALMON FILLETS	2 packets	3 packets
BROCCOLINI	1 bunch	2 bunches
AIOLI	100g	2 x 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.

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



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).



2. PREPARE THE CRUMB

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

6P – zest the whole lemon and combine with panko, 1/2 packet finely chopped parsley, 3 tbsp oil, salt and pepper.



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.



4. COOK THE BROCCOLINI

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



5. FINISH AND SERVE

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



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