



Product Spotlight: Salmon

Salmon is an excellent source of many B vitamins. These are important as they give you energy, control inflammation, and protect your heart and brain!



Roasted Salmon with Smashed Potatoes

Roasted salmon fillets and smashed golden baby potatoes served with green beans, lemon wedges and a smooth avocado basil sauce.



35 minutes



4/6 servings



Fish

Make parcels

Parboil and slice baby potatoes and arrange in a parcel with green beans, salmon fillet and a lemon slice. Top with a dollop of butter and bake in the oven for 15-20 minutes until cooked through.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	28g	37g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
AVOCADO	1	2
LEMON	1	2
BASIL	20g	2 x 20g
SALMON FILLETS	2 packets	3 packets
GREEN BEANS	250g	250g + 150g

FROM YOUR PANTRY

oil for cooking, olive oil/butter salt, pepper

KEY UTENSILS

saucepan, stick mixer, oven tray, oven dish

NOTES

Serve salmon with boiled potatoes, mash or wedges if you prefer!

Add some seasoning to the salmon such as lemon pepper, fennel seeds or a slice of lemon.



1. BOIL THE POTATOES

Set oven to 220°C.

Place **potatoes** in a large saucepan of water (halve any larger ones). Bring to a boil and simmer for 12–15 minutes or until softened. Drain and see step 3, reserve pan for step 5.



2. MAKE THE AVOCADO SAUCE

Place **avocado**, **1/3 cup water** and **juice** from **1/2 lemon** in a jug. Use a stick mixer to blend until smooth. Finely chop and stir through **basil leaves**, season to taste with **salt and pepper**.

6P – place avocados, 1/2 cup water and juice from 1 lemon in a jug. Add basil.



3. ROAST THE POTATOES

Once **potatoes** are soft, arrange on a lined oven tray and squash using the base of a mug. Drizzle with **oil** and season with **salt and pepper**. Roast in the oven for 10–12 minutes or until golden and crispy.



4. ROAST THE SALMON

Arrange **salmon fillets** in a lined oven dish. Season with **salt and pepper** (see notes). Place in the oven and roast for 8–10 minutes or until cooked to your liking.



5. PREPARE THE BEANS

Trim **beans** and place in the reserved saucepan with **1 cup water**. Bring to a boil and simmer for 3 minutes or until cooked to your liking. Drain and toss with **olive oil (or butter), salt and pepper**.



6. FINISH AND SERVE

Serve **smashed potatoes** and roasted **salmon** with **beans**, **avocado sauce** and **remaining lemon** cut into wedges.



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