



Product Spotlight: Lemon

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



Salmon Bites & Lemon Aioli with Wedges

Marinated salmon bites served with golden wedges, slaw and a simple lemon aioli for dipping. This family meal is full of flavour and nutrition.



35 minutes



4/6 servings



Fish

Leave it whole

Leave the salmon fillets whole and cook in the oven, on the barbecue or in a frypan if you prefer!

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 27g/32g | 24g/27g | 38g/42g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------|-----------|-----------|
| MEDIUM POTATOES | 800g | 1.2kg |
| LEMON | 1 | 2 |
| AIOLI | 100g | 2 x 100g |
| GARLIC CLOVE | 1 | 2 |
| SALMON FILLETS | 2 packets | 3 packets |
| GREEN APPLE | 1 | 1 |
| SHREDDED CABBAGE | 250g | 500g |
| DILL | 1 packet | 1 packet |

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider or red wine vinegar, mustard (wholegrain or dijon), honey (or sugar)

KEY UTENSILS

oven tray x 2

NOTES

Serve the aioli plain, or mix it with 1-2 tsp dried tarragon, smoked paprika, or the fresh dill instead!

You can cook the salmon bites in a frypan if you prefer!



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1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into chips or wedges. Toss with **oil and salt** on a lined oven tray. Roast in the oven for 25 minutes or until golden and tender.



4. BAKE THE SALMON

Arrange the **salmon bites** on a second lined oven tray and bake in the oven for 5-7 minutes or until cooked through.



2. PREPARE THE AIOLI

Zest lemon to yield 1-2 tsp. Stir to combine with **aioli** and **juice from 1/4 lemon**. Set aside in the fridge until serving.

6P - zest lemon to yield 2-3 tsp. Combine with **aioli** and **juice from 1/2 lemon**.



3. MARINATE THE SALMON

Combine **1-2 tbsp oil** with **juice from 1/4 lemon, crushed garlic, salt, and pepper** in a bowl. Cut **salmon** into bite-size pieces and toss to marinate.

6P - Marinate salmon pieces with 2 tbsp oil, juice from 1/2 lemon, crushed garlic, salt and pepper.



5. DRESS THE SLAW

Meanwhile, whisk together **2 tbsp oil, 2 tbsp vinegar, 1 tsp honey, 2 tsp mustard, salt and pepper** in a large bowl. Slice **apple** and add to bowl along with **cabbage**. Toss until combined.

6P - whisk together 4 tbsp oil, 4 tbsp vinegar, 2 tsp honey, 4 tsp mustard, salt and pepper.



6. FINISH AND SERVE

Chop **dill** fronds and cut any remaining **lemon** into wedges.

Serve **salmon bites** with **roasted wedges, slaw** and **lemon aioli** for dipping. Sprinkle with **dill** to garnish.

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