

**Product Spotlight:**
Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Salmon Fillets

with Dill Potato Salad

Salmon fillets mildly spiced served with a potato salad tossed in a dill and shallot yoghurt dressing with fresh and crunchy radishes and lettuce.



30 minutes



4/6 servings



Fish

Switch it up!

Switch the yoghurt for mayonnaise or aioli if preferred. You can also add boiled eggs and sliced celery to the potato salad to bulk it up.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	32g	15g	33g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
DILL	1 packet	2 packets
SHALLOT	1	2
NATURAL YOGHURT	1 tub	2 tubs
SALMON FILLETS	2 packets	3 packets
RADISHES	1 bunch	1 bunch
GEM LETTUCE	3-pack	3-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

frypan, saucepan

NOTES

Boil kettle and cover potatoes with hot water to speed up the cooking time.

Use radishes to taste. Soak radish slices in a bowl of cold water to reduce their peppery flavour. Drain well before adding to bowl.

Thoroughly wash lettuce leaves to remove any hidden sand or dirt.



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1. BOIL THE POTATOES

Dice **potatoes**. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain **potatoes**.



2. PREPARE THE DILL YOGHURT

Roughly chop **dill** (including tender stems) and finely dice **shallot**. Add to a large bowl along with **yoghurt**, **1 tbsp olive oil**, **2 tbsp water**, **salt and pepper**. Mix to combine.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Coat **salmon** with **oil**, **2–3 tsp smoked paprika**, **salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking.



4. PREPARE THE VEGETABLES

Scrub and thinly slice **radishes** (see notes). Add to bowl with **dill yoghurt**.



5. TOSS THE POTATOES

Add **drained potatoes** to **dill yoghurt** and toss to combine.



6. FINISH AND SERVE

Pull apart **lettuce leaves** and arrange on a platter. Top with **potato salad**. Serve tableside with **salmon fillets**.

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