



### Product Spotlight: Dill

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



## Seared Salmon with Dill Cream and Potatoes

Fresh salmon fillets seared with lemon zest and served with golden baby potatoes, crisp spring salad and a creamy dill sauce.



25 minutes



4 servings



Fish

## Make tartare sauce!

*Stir some mayonnaise through the sour cream sauce for a sweeter flavour. You can also add chopped pickles or capers to make a tartare sauce.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	19g	68g

## FROM YOUR BOX

BABY POTATOES	800g
BABY COS LETTUCE	2-pack
CARROT	1
SNOW PEAS	150g
LEMON	1
DILL	1 packet
SOUR CREAM	1 tub
SALMON FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), sugar (of choice), fennel seeds (optional)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Halve any larger potatoes for even cooking time.

The lettuce can be quite sandy. Submerge the leaves in a bowl of cold water to remove any excess sand before rinsing and drying in a salad spinner.

You can use a dried herb instead of fennel seeds if preferred.



### 1. BOIL THE POTATOES

Add potatoes to a saucepan and cover with water (see notes). Bring to a boil and simmer for 12-15 minutes or until cooked through. Drain and return to pan (see step 5).



### 2. PREPARE THE SALAD

Meanwhile, separate and rinse lettuce leaves (see notes). Thinly slice or ribbon carrot. Trim and slice snow peas. Whisk together **1 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Toss with salad.



### 3. PREPARE THE DILL CREAM

Zest lemon (set aside for salmon). Chop dill fronds. Combine in a bowl with sour cream, juice from 1/2 lemon (wedge remaining), **1 tsp sugar, salt and pepper**. Set aside.



### 4. COOK THE SALMON

Coat salmon with lemon zest, **1 tsp fennel seeds, oil, salt and pepper** (see notes). Heat a frypan over medium-high heat. Cook salmon for 3-4 minutes each side or until cooked to your liking.



### 5. FINISH THE POTATOES

Add **1 tbsp olive oil** to saucepan with potatoes and place over medium-high heat. Cook for 3-4 minutes tossing until golden. Season with **salt**.



### 6. FINISH AND SERVE

Divide salmon, potatoes and salad among plates. Serve with dill cream and lemon wedges.



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