

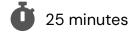




# **Seared Salmon**

# 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.





4 servings



# 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.

#### 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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