



### Product Spotlight: Salmon

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



## Baked Salmon with Burst Tomatoes and Basil

Salmon fillets on a bed of roasted cherry tomatoes and tender green beans. Served with a lemon basil sauce and baby potatoes.



35 minutes



Fish



4/6 servings

## Switch it up!

*You could toss the tomatoes, sliced green beans and baked salmon through pasta along with the basil sauce for a different take on the dish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	25g	33g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
CHERRY TOMATOES	2 x 200g	3 x 200g
LEMON	1	1
BASIL	1 packet	1 packet
ALMOND MEAL	40g	40g
GREEN BEANS	250g	250g
SALMON FILLETS	2 packets	3 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, dried oregano, balsamic vinegar

## KEY UTENSILS

oven tray, oven dish stick mixer or blender

## NOTES

For a child friendly sauce, you can add some mayonnaise or parmesan cheese to the basil sauce to take the edge off the lemon flavour.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Halve **potatoes** and toss with **2 tsp oregano, oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.

**6P** – use **3 tsp oregano**.



### 2. ROAST THE TOMATOES

Halve **tomatoes** and place in a lined oven dish with **1 tbsp vinegar** and **2 tbsp olive oil**. Roast in oven for 10 minutes until beginning to break down.

**6P** – use **1 1/2 tbsp vinegar** and **3 tbsp olive oil**.



### 3. MAKE THE BASIL SAUCE

Zest **lemon** and set aside (for step 4).

Blend together **basil leaves** (reserve some for garnish), **almond meal**, **1/2 lemon juice** (wedge remaining), **1/4 cup olive oil** and **1/4 cup water** using a stick mixer or blender until smooth (see notes).



### 4. BAKE THE SALMON

Trim **green beans**. Rinse and pat dry **salmon fillets**. Coat with **lemon zest, 1 tsp oregano, salt and pepper**. Place in dish with **tomatoes** and top with **2 tbsp butter**. Return to oven for 10 minutes or until **salmon** is cooked through.

**6P** – use **1 1/2 tsp oregano** and **3 tbsp butter**.



### 5. FINISH AND SERVE

Spoon **basil sauce** over **salmon**. Serve with **lemon wedges** and **potatoes**.



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