



Product Spotlight: Broccoli

Forgot about the broccoli at the back of your fridge? Cut it into pieces with the stem attached and soak in a bowl of ice cold water in the fridge for 30 minutes. Drain and dry before using.



Baked Salmon with Lemon Sauce

Flaky oven-baked salmon is nestled in a creamy lemon and garlic sauce, served with golden roasted potatoes and tender broccoli for a bright yet comforting dinner.



40 minutes



Fish



4/6 servings

Bulk it up!

Add cherry tomatoes to the roasting tray for bursts of sweetness. Scatter baby spinach into the hot sauce to gently wilt before serving.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	33g	60g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
SALMON FILLETS	2 packets	3 packets
SHALLOT	1	2
GARLIC CLOVES	2	3
LEMON	1	2
BROCCOLI	1	2
PARSLEY	1 packet	2 packets
CHICKEN STOCK PASTE	1 jar	1 jar
CREAM CHEESE	140g	2 x 140g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven tray, oven dish, frypan

NOTES

Roast the potatoes cut-side down for extra crispiness. Add some shaved or grated parmesan cheese in the last 5 minutes for extra flavour!



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1. ROAST THE POTATOES

Set oven to 220°C.

Halve **potatoes** and toss on a lined oven tray with **oil, 2 tsp oregano, salt and pepper** (see notes). Roast for 25 minutes, or until golden.

6P - add 3 tsp oregano



4. ADD THE BROCCOLI

Remove **potatoes** from the oven. Add **broccoli florets** to the tray. Toss with **oil, salt and pepper**. Return to the oven and roast for a further 5-10 minutes or until **broccoli** is tender.



2. PREPARE THE INGREDIENTS

Pat **salmon** dry and season with **salt and pepper**. Dice **shallot**, crush **garlic**, zest and halve **lemon**, and cut **broccoli** into florets.

Finely chop **parsley**, including tender stems, and set aside.



3. BAKE THE SALMON

In a small frypan, add **shallot, garlic, lemon zest, lemon juice, stock paste, cream cheese, 1 cup water, salt and pepper** to a bowl. Stir to melt and combine.

Pour **sauce** into an oven dish and add **salmon**. Bake for 10-12 minutes or until **salmon** is cooked to your liking.

6P - use **lemon zest and juice to taste, and 2 cups water**.



5. FINISH AND SERVE

Divide **roasted potatoes** and **broccoli** among shallow bowls. Add **salmon** and spoon over **sauce**. Garnish with **parsley**.

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