




Product Spotlight: Dill


Dill has been used since ancient times — the Greeks believed it could bring good luck, and Roman gladiators rubbed it on their muscles before battle!



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

 4/6 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** 34g **TOTAL FAT** 52g **CARBOHYDRATES** 22g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
GEM LETTUCE	3-pack	3-pack
CARROT	1	2
SNOW PEAS	150g	2 x 150g
LEMON	1	2
DILL	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs
SALMON FILLETS	2 packets	3 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.



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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.

6P – whisk together 1 1/2 tbsp vinegar, 2 tbsp olive oil, salt and pepper.



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.

6P – combine dill, sour cream, juice from 1 lemon, 1 1/2 tsp sugar, salt and pepper.



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.

6P – use 2 tsp fennel seeds.



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**.

6P – use 2 tbsp olive oil.



6. FINISH AND SERVE

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

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