



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### Product Spotlight: Lupin Crumb

We love this lupin crumb from WA locals, Coastal Crunch, as it is a rich source of protein and fibre! It is also gluten-free and low in carbs.





## Fish cakes!

*You can make fish cakes with these ingredients. Dice potatoes, boil in water until soft, drain and mash. Chop salmon, mix with mashed potato, salt and pepper. Coat in lupin crumbs and cook in a frypan until golden on each side.*

## E4 Lupin-Crusted Salmon with Roasted Potatoes and Chive Coleslaw

Fresh salmon fillets crusted in herby lupin crumbs, served with roasted potatoes and a chive coleslaw. The perfect nourishing and delicious solution for fish and chips!

 30 minutes

 4 servings

 Fish

1 April 2022

Per serve: **PROTEIN** 48g **TOTAL FAT** 13g **CARBOHYDRATES** 37g

## FROM YOUR BOX

POTATOES	1 bag (800g)
CHIVES	1 packet
YOGHURT	1 tub
LUPIN CRUMBS	1 packet (60g)
SALMON FILLETS	2 packets
COLESLAW	1 bag (500g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

oven tray

## NOTES

Add 1 crushed garlic clove to the sauce for extra flavour.



### 1. ROAST THE POTATOES

Set oven to 220C.

Thinly slice potatoes. Add to a lined oven tray and toss with **oil, salt and pepper**. Roast for 10 minutes (see step 3).



### 2. MAKE THE SAUCE

Thinly slice chives (reserve some for garnish). Add to a bowl along with yoghurt, **2 tsp vinegar, salt and pepper** (see notes). Mix well.



### 3. ROAST THE SALMON

Arrange lupin crumbs on a plate. Coat salmon in **oil, salt and pepper**. Press into lupin to coat. Add onto oven tray with potatoes and cook for a further 8-12 minutes or until salmon is cooked to your liking.



### 4. TOSS THE COLESLAW

Add coleslaw to a large bowl with 1/2 the prepared sauce. Toss until coleslaw is well coated.



### 5. FINISH AND SERVE

Divide coleslaw and roasted potatoes among plates. Serve with crusted salmon fillets and remaining sauce. Garnish with reserved chives.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

