



Product Spotlight: Fennel

Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews, or roasted.



E4

Salmon Fillets

with Caraway Roasted Veg and Yoghurt Sauce

Salmon fillets coated in lemon zest alongside a trio of coloured vegetables roasted with caraway seeds served with a zingy yoghurt sauce.



25 minutes



4 servings



Fish

13 May 2022

Change the flavour!

No caraway seeds at home, or you can't find them at the shops? Use fennel seeds, nigella seeds, cumin seeds, coriander seeds, or dried oregano instead.

Per serve: **PROTEIN** 25g **TOTAL FAT** 5g **CARBOHYDRATES** 21g

FROM YOUR BOX

BEETROOTS	3
FENNEL	1
CARROTS	4
LEMON	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	2 packets
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, caraway seeds

KEY UTENSILS

oven tray, frypan

NOTES

Bake the salmon on the oven tray with the vegetables if preferred.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and fennel (reserve any fronds), and thickly slice carrots. Toss on a lined oven tray with **oil**, **1 tbsp caraway seeds**, **salt and pepper**. Roast for 20 minutes.



4. FINISH AND SERVE

Spoon yoghurt sauce onto plates. Top with fresh mesclun leaves, roasted vegetables and salmon. Serve with lemon wedges.



2. MAKE YOGHURT SAUCE

Zest lemon and set aside (see step 3). Add juice from 1/2 lemon to a bowl along with yoghurt, reserved fennel fronds, **salt and pepper**, and stir to combine. Wedge remaining lemon.



3. COOK THE SALMON

Heat a frypan (see notes) over medium-high heat. Coat salmon in **oil**, reserved lemon zest, **salt and pepper**. Add salmon to pan and cook for 2-4 minutes each side or until cooked to your liking.

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**

