



Product Spotlight: Lemon

Lemon juice mixed with hot water is a great remedy for a sore throat as it is anti-bacterial.



E4 Salmon Fillets with Lemon Vinaigrette and Polenta Chips

Salmon fillets coated in lemon zest, served with herby polenta chips, fresh vegetables, and an addictive lemon vinaigrette.



30 minutes



4 servings



Fish

22 April 2022

Switch it up!

Skip making the polenta chips. Sauté the shallot in the saucepan with oil, add the water, and then cook the polenta following instructions in step 1. Season with lemon juice, salt and pepper.

Per serve: **PROTEIN** 34g **TOTAL FAT** 32g **CARBOHYDRATES** 20g

FROM YOUR BOX

POLENTA	1 packet (250g)
LEMON	1
SALMON FILLETS	2 packets
SHALLOT	1
AVOCADO	1
LEBANESE CUCUMBERS	2
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, mustard of choice, honey

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Boil the kettle to speed up this process.

You can substitute the dried thyme with dried or fresh rosemary, Italian herbs or dried parsley.



1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with **900ml water** and **1 tbsp thyme** to the boil (see notes). Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season well with **salt and pepper**.



4. MAKE THE VINAIGRETTE

Finely dice shallot. Add to a bowl along with juice from lemon, **1 tsp mustard**, **2 tsp honey**, **salt and pepper**. Whisk to combine. Gradually pour in **1/4 cup olive oil**, whisking intermittently.



2. BAKE THE POLENTA

Line an oven tray and drizzle with **olive oil**. Tip polenta onto tray and spread out to 1-2cm thickness. Drizzle with **olive oil** and bake for 15-20 minutes or until golden and firm.



5. PREPARE THE VEGETABLES

Thinly slice avocado and cucumbers. Toss in a large bowl with rocket leaves.



3. COOK THE SALMON

Heat a frypan over medium-high heat. Zest lemon to yield 1 tbsp. Coat salmon in **oil**, lemon zest, **salt and pepper**. Cook salmon for 2-4 minutes each side, or until cooked to your liking.



6. FINISH AND SERVE

Cut polenta into chip-sized pieces. Divide among plates. Serve with salmon fillets, fresh vegetables and lemon vinaigrette.

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