



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Salmon

There's a type of salmon called Chinook (or King) salmon that can grow to be 1.5 metres long and 57 kg heavy!



## 1 Potato-Topped Salmon Pie

We're pretty certain that you'll end up cooking this dish again and again. Rich salmon, creamy potato-parmesan topping, and satisfying veggie filling alongside blanched green beans.

 35 minutes

 2 servings

 Fish

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*Bye bye, pie*

*Instead of making a pie, you can wedge and bake the potatoes and serve with baked or pan-fried salmon fillets. Roast or fry the carrot, green beans and courgettes to enjoy on the side.*

## FROM YOUR BOX

POTATOES	500g
SPRING ONIONS	3
CARROT	1
COURGETTES	2
LEMON	1
SALMON FILLETS (SKIN OFF)	1 packet
PARMESAN CHEESE	1/2 packet *
GREEN BEANS	1 bag (150g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried tarragon, flour (of choice), milk (optional)

## KEY UTENSILS

ovenproof frypan (see notes), saucepan

## NOTES

If you don't have an ovenproof frypan, transfer the salmon & veggie filling to an oven dish before spreading over potato mash in step 4.

For a less chunky dish, you can grate the carrots.

**No fish option - white fish fillets are replaced with diced chicken breast.** Add with spring onions in step 2 and increase cooking time to 5 minutes.



### 1. COOK THE POTATOES

Set oven to 220°C.

Halve or quarter potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain and return to saucepan.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan with **1 tbsp butter/oil** over medium-high heat. Slice spring onions and carrot, grate courgettes (see notes). Add to pan and cook for 2 minutes with **1 tsp tarragon** and 1/2 tsp lemon zest. Add **1 tbsp flour** and cook for 1 minute.



### 3. ADD THE SALMON

Gradually stir in **1 cup water/milk** and simmer for 5 minutes. Cut salmon into bite-size pieces and add to pan. Simmer for a further 5 minutes. Season to taste with **salt and pepper**.



### 4. BAKE THE PIE

Mash potatoes with **1 tbsp butter** and parmesan cheese. Spread over the salmon and place into the oven. Bake for 10 minutes or until golden and crispy on the top.



### 5. BLANCH THE BEANS

Heat a small pan with **2 tbsp water**. Trim and halve beans, add to simmering water for 2-3 minutes or until cooked to your liking. Drain and toss with **olive oil/butter**, juice from 1/2 lemon, **salt and pepper**.



### 6. FINISH AND PLATE

Wedge remaining lemon.

Serve salmon pie onto plates and add beans on the side with a wedge of lemon.

**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](mailto:hello@dinnertwist.com.au)

