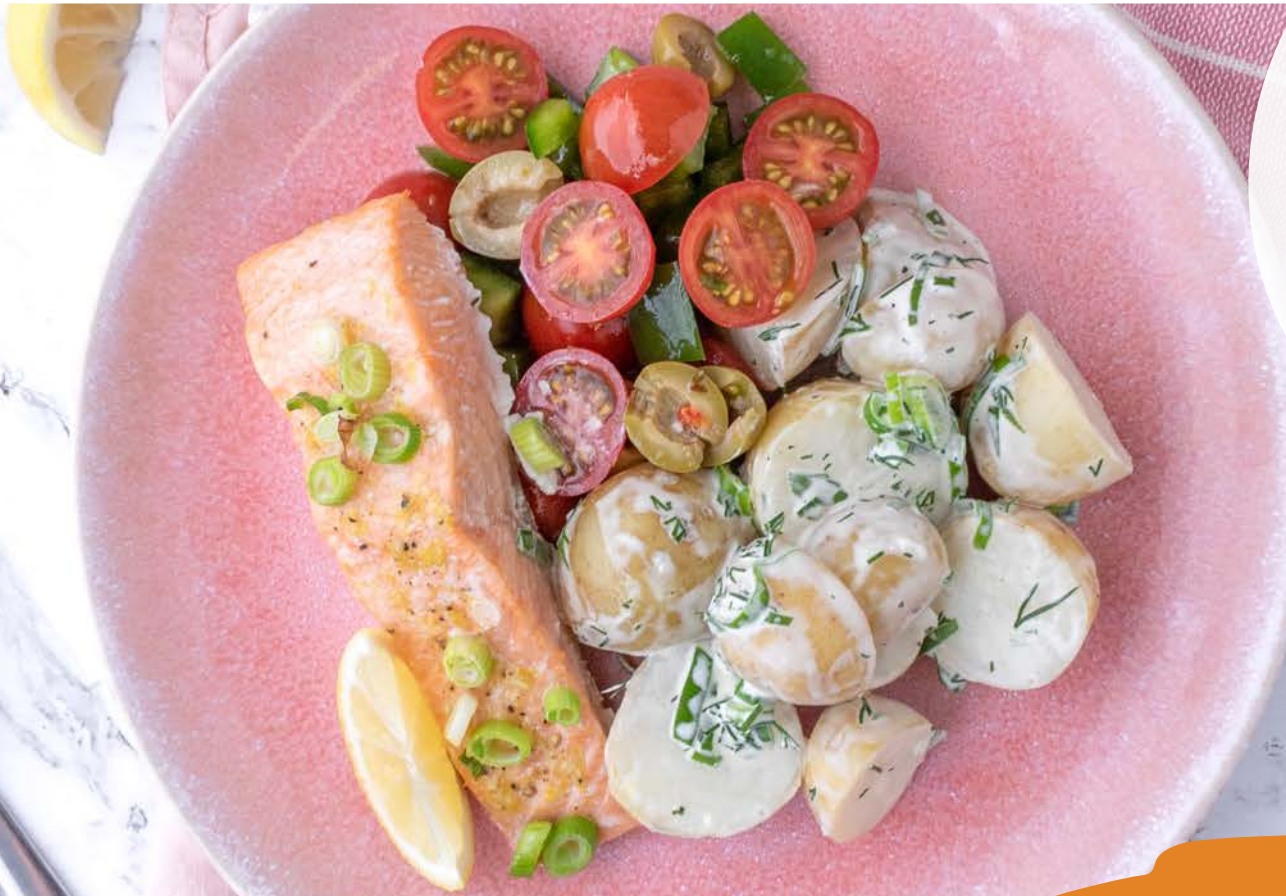




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon

Salmon fillets are chock-full of healthy omega-3 fatty acids that help keep your brain, heart, joints, eyes, and more healthy!



1 Baked Salmon with Creamy Potato Salad

Fresh salmon fillet baked with lemon, spring onion & garlic served with a simple (but endlessly tasty) dill & sour cream potato salad and a fresh tomato & olive salad.

 30 minutes

 2 servings

 Fish

4 January 2021

Dressing on the side, please

Instead of tossing the cooked potatoes with the dill & sour cream dressing, you can serve the dressing on the side to make the potatoes more appealing to fussy eaters. If preferred, simply toss potatoes with a little olive oil, salt & pepper to serve.

FROM YOUR BOX

BABY POTATOES	400g
LEMON	1
SPRING ONIONS	2
GARLIC CLOVE	1
SALMON FILLETS (SKIN OFF)	1 packet
CHERRY TOMATOES	1 bag (200g)
GREEN CAPSICUM	1/2 *
MARINATED SPLIT OLIVES	1/2 packet (125g) *
DILL	1 packet
SOUR CREAM	1/2 tub (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, oven dish

NOTES

Instead of baking, you can BBQ or pan-fry the salmon.

No fish option - salmon fillets are replaced with chicken schnitzels. Pan-fry chicken over medium-high heat with a little oil for 5-6 minutes on each side. Add flavoured oil mix when turning over.



1. COOK THE POTATOES

Set oven to 220°C (see notes).

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and run under cold water.



2. BAKE THE SALMON

Zest lemon, slice white ends of spring onions. Combine 1/2 tsp zest, crushed garlic, **1/2 tbsp oil, salt and pepper** in a bowl. Place fish in a lined oven tray and rub with oil mixture. Bake for 8-10 minutes or until cooked to your liking.



3. MAKE TOMATO SALAD

Halve cherry tomatoes and dice capsicum. Toss together in a bowl with drained olives to taste.



4. FINISH POTATO SALAD

Chop dill and green ends of spring onions. Mix with sour cream and juice from 1/2 lemon (wedge remaining). Add potatoes and mix well. Season with **salt and pepper**.



5. FINISH AND PLATE

Serve salmon with salads and a lemon wedge.

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**

