




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

 4 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 zucchini to enjoy on the side.

FROM YOUR BOX

POTATOES	1 kg
SPRING ONIONS	1/2 bunch *
CARROT	1
ZUCCHINI	1
LEMON	1
SALMON FILLETS (SKIN OFF)	2 packets
PARMESAN CHEESE	1/2 packet *
GREEN BEANS	1 bag (250g)

**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

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



3. ADD THE SALMON

Gradually stir in **2 cups 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 **2 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 **1/2 cup 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**

