



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato

The world's heaviest sweet potato weighed 37 kg and was grown in 2004 by Manuel Pérez Pérez in Spain.



1 Sweet Potato Hash with Pan-Fried Salmon

A wholesome veggie-packed dinner with sweet potato, green beans, corn, and salmon fillets in a delicate lemon & honey dressing.

 35 minutes

 4 servings

 Fish

2 July 2021

Kid-friendly alternatives

Wedge sweet potatoes and onion and roast in a 220°C oven until tender.

Blanch or pan-fry the green beans and keep separate.

Boil or grill corn cob to eat on the side.

FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1/2 *
CORN COBS	2
GREEN BEANS	1/2 bag (125g) *
LEMON	1
CHIVES	1/3 bunch *
SALMON FILLETS (SKIN OFF)	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, honey (or maple syrup), smoked paprika, dried oregano

KEY UTENSILS

large frypan, frypan

NOTES

We left the peel on the potatoes for extra fibre!

No fish option - salmon fillets are replaced with **chicken schnitzels**. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE POTATOES

Heat a frypan with **2 tbsp oil/butter** over medium-high heat. Dice and add sweet potato (see notes). Slice and add onion with **3 tsp smoked paprika** and **2 tsp oregano**. Cook for 2-3 minutes.



2. ADD REMAINING VEG

Remove kernels from corn cobs and slice beans. Add to pan as you go. Cook, tossing occasionally, for 15-20 minutes until golden and tender. Season to taste with **salt and pepper**.



3. MAKE THE DRESSING

Zest lemon to yield 1 tsp, and juice the whole lemon. Mix with **3 tbsp olive oil**, chopped chives (reserve some for garnish), **1 tsp honey**, salt and pepper.



4. COOK THE SALMON

Heat a frypan with **oil/butter** over medium high heat. Season fish with **salt and pepper**. Cook for 3-4 minutes each side or until cooked through. Spoon over half the dressing.



5. FINISH AND PLATE

Serve sweet potato hash in shallow bowls or on plates and top with salmon. Serve remaining dressing on the side and sprinkle with reserved chives.

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**

