



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fennel


Fennel has a mild liquorice flavour and is actually a very versatile vegetable! If you are not used to cooking with fennel try substituting celery, bean sprouts or even onion in some recipes with fennel! It works great in casseroles, soups and lasagne too!



1 Fennel & Orange Roast Salmon

Oven roasted potatoes, fennel and orange slices with tender salmon fillets, fresh salad and spring onion dressing.

 35 minutes

 2 servings

 Fish

27 July 2020

Spice it up!

Add some fennel seeds or cumin seeds to the tray bake for more depth of flavour. If you prefer a sweeter dressing you can whisk in a little maple syrup or sugar of choice.

Per serve: **PROTEIN** 34g **TOTAL FAT** 25g **CARBOHYDRATES** 50g

FROM YOUR BOX

| | |
|-------------------|------------------|
| BABY POTATOES | 400g |
| ORANGE | 1 |
| FENNEL | 1 |
| SPRING ONIONS | 1/4 bunch * |
| GREEN BEANS | 1/2 bag (75g) * |
| LEBANESE CUCUMBER | 1 |
| ROCKET LEAVES | 1/2 bag (100g) * |
| SALMON FILLETS | 1 packet |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, soy sauce (or tamari), white wine vinegar

KEY UTENSILS

oven tray

NOTES

Blanch the beans or add to the oven tray with the salmon if you prefer them cooked.

Tuck the thin end of the salmon fillet under when placing on the tray. This will encourage even cooking.

No fish option - salmon fillets are replaced with chicken schnitzels. Coat with orange zest, oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C. Quarter potatoes and add to a lined oven tray. Zest orange (set aside for salmon), slice the fruit and slice fennel. Slice spring onions into 4cm lengths (reserve tops) Toss all on oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes (see step 4).



4. ADD THE SALMON

Coat salmon fillets with 1 tsp orange zest, **oil, salt and pepper**. Add to the vegetable oven tray (see notes). Return to oven for 8-10 minutes or until salmon and vegetables are cooked.



2. PREPARE THE DRESSING

Slice spring onion tops. Combine with **1/2 tbsp vinegar, 1/2 tbsp soy sauce** and **2 tbsp olive oil**. Season with **pepper** to taste.



3. PREPARE THE SALAD

Trim and halve beans (see notes), slice cucumber. Set aside with rocket leaves in a salad bowl.



5. FINISH AND PLATE

Divide vegetables, salmon and salad among plates. Spoon over spring onion dressing to taste.

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**

