



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: DILL

Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



1. GREEK LEMON SALMON

Golden thyme roasted potatoes with baked lemon salmon served with a yoghurt sauce.

 30 Minutes

 2 Servings

13 April 2020

FROM YOUR BOX

MEDIUM POTATOES	3
SALMON FILLETS	1 packet
LEMON	1
DILL	1 packet (10g)
CONTINENTAL CUCUMBER	1/2 *
RED CAPSICUM	1/2 *
BABY COS LETTUCE	1
NATURAL YOGHURT	1/3 tub *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried thyme, baking paper

KEY UTENSILS

2 oven trays

NOTES

If desired, make a simple dressing for the salad by whisking together 1/2 tbsp vinegar and 1/2 tbsp olive oil.

Add 1/2-1 crushed garlic clove to sauce if desired.

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



1. ROAST THE POTATOES

Set oven to 220°C.

Slice potatoes. Toss on a lined oven tray with **1/4 tsp thyme, 1/2 tbsp oil, salt and pepper**. Roast in oven for 20-25 minutes until tender.



2. PREPARE THE SALMON

Tear a large sheet of baking paper and place salmon on top. Season with **salt and pepper** and drizzle with **olive oil**. Slice 1/2 lemon and pick a couple of dill fronds. Place on top.



3. BAKE THE SALMON

Fold up edges of baking paper and tuck under to form a parcel. Place on oven tray and bake for 10-15 minutes until cooked through.



4. PREPARE THE SALAD

Slice cucumber and capsicum, chop lettuce. Toss in a serving bowl (see notes).



5. PREPARE THE SAUCE

Chop the remaining dill and combine with **1/3 tub yoghurt** and **1 tbsp olive oil**. Season with **salt and pepper** (see notes).



6. FINISH AND PLATE

Wedge remaining lemon.

Divide potatoes, salmon and salad among plates. Serve with a dollop of yoghurt sauce and lemon wedges.