



Product Spotlight: Pepitas

These dried green kernels contain essential vitamins, minerals and antioxidants and are a great way to add crunch and flavour to muesli, salads and savoury dishes.



Barbecued Salmon with Smoky Sweet Potato Salad

Luscious salmon fillets, smoky barbecued sweet potato and crunchy pepita salad, served with a fresh and creamy coriander aioli.

 30 minutes

 2 servings

 Fish

Roast it!

If you would prefer to stay inside, roast the potatoes on a lined oven tray for 25-30 minutes until tender. Add the salmon fillets for the last 10-12 minutes of roasting to cook to your liking.

Per serve: **PROTEIN** 34g **TOTAL FAT** 34g **CARBOHYDRATES** 36g

FROM YOUR BOX

SWEET POTATOES	400g
CORIANDER	1 packet
AIOLI	1 packet
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
TOMATO	1
PEPITAS	40g
ROCKET LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, cumin seeds, white wine vinegar

KEY UTENSILS

BBQ (see cover note), stick mixer or small blender

NOTES

Chop coriander stems and roots and add to sauce. Reserve some leaves for garnish if desired.

Add a chopped jalapeño, avocado or extra herbs such as mint, spring onion green tops or parsley to the sauce.

Substitute vinegar for the zest and juice of a whole lemon if you have one!



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1. BBQ THE SWEET POTATO

Slice **sweet potato** into 1cm rounds. Season with **oil, 1 tsp lemon pepper** and **salt**. Heat BBQ over medium-high heat with **oil**. Add sweet potato and cook, with the lid down, for 5 minutes each side until potatoes are tender.



4. MAKE THE SALAD DRESSING

Add **1 tbsp vinegar** (see notes), **1 tbsp olive oil, salt and pepper** a large bowl. Whisk to combine.



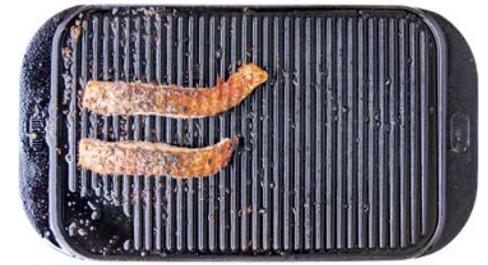
2. MAKE THE SAUCE

Meanwhile, roughly chop **coriander** (see notes). Add to a jug along with **aioli, 1 tbsp water**. Use a stick mixer to blend to smooth consistency. Season to taste with **salt and pepper**.



5. MAKE THE SALAD

Crescent **cucumber** and dice **tomato**. Add to dressing along with **pepitas** and **rocket leaves**. Toss to combine.



3. BBQ THE SALMON

Coat **salmon** with **oil, 1 tsp cumin seeds, salt and pepper**. Add to BBQ and cook for 2-4 minutes each side until cooked to your liking.



6. FINISH AND SERVE

Divide **sweet potatoes, salmon** and **salad** among plates. Serve with creamy **coriander sauce**.

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