



### Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed as a superfood. Vitamin K is the most prominent nutrient, and it helps to build strong bones and assists in blood clotting.



## Chimichurri Salmon with Roasted Vegetables

Salmon fillets roasted with home-made chimichurri sauce, served with roasted vegetables and fresh watercress. This dish is low in prep time, and once it's in the oven, the heavy lifting is done, perfect after a busy day.



30 minutes



2 servings



Fish

## Spice it down!

*To spice it down, remove the seeds from the inside of the chilli or omit the chilli from the chimichurri and slice it to serve fresh.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	39g	44g

## FROM YOUR BOX

SWEET POTATOES	400g
CHERRY TOMATOES	200g
PARSLEY	1 packet
GARLIC CLOVE	1
RED CHILLI	1
SALMON FILLETS	1 packet
WATERCRESS	1 sleeve

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, red wine vinegar

## KEY UTENSILS

2 oven trays

## NOTES

Add salmon to oven tray with vegetables if you have space. Alternatively, you can pan-fry the salmon over medium-high heat for 2-4 minutes each side until cooked to your liking.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop **sweet potatoes**. Toss on a lined oven tray along with **cherry tomatoes, oil, salt and pepper**. Roast for 20-25 minutes.



### 4. FINISH AND SERVE

Trim **watercress** and halve if desired.

Divide roasted vegetables among plates. Add salmon and watercress. Serve with remaining chimichurri.



### 2. MAKE THE CHIMICHURRI

Finely chop **parsley**, crush **garlic** and finely dice **chilli**. Add to a bowl along with **1 tbsp oregano, 1/2 tbsp water, 3 tbsp olive oil, 2 tbsp vinegar, salt and pepper**. Mix to combine.



### 3. ROAST THE SALMON

Season **salmon** with **salt**. Add **1 tsp chimichurri** to each fillet. Add to a second lined oven tray. Roast for 8-10 minutes until cooked to your liking (see notes).



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