



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Chimichurri Salmon with Roasted Vegetables

Salmon fillets roasted with home-made chimichurri sauce and served with roasted vegetables. 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** 28g **TOTAL FAT** 14g **CARBOHYDRATES** 32g

FROM YOUR BOX

| | |
|---------------------------|-------------|
| SWEET POTATO | 400g |
| CHERRY TOMATOES | 200g |
| PARSLEY | 1 packet |
| GARLIC CLOVE | 1 |
| RED CHILLI | 1 |
| SALMON FILLETS | 1 packet |
| * BABY SPINACH AND ROCKET | 1 bag (60g) |



1. ROAST THE VEGETABLES

Set oven to 220°C.

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



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).

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

*watercress has been replaced with baby spinach and rocket leaves due to availability.



4. FINISH AND SERVE

Divide **roasted vegetables** among plates. Add **salmon, baby spinach and rocket leaves**. Serve with remaining **chimichurri**.



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