



Product Spotlight: Green Tea

Rich in antioxidant, anti-carcinogen and anti-inflammatory properties. Green Tea may help to maintain the health of arteries and assist with concentration.



Green Tea Salmon

With Sesame Lime Potatoes

Salmon fillets cooked in green tea leaves, served with baby potatoes, tossed in a lime dressing with fresh green vegetables, sesame seeds and chilli.



30 minutes



2 servings



Fish

Switch it up!

Instead of boiling your potatoes, roast them in the oven. Set the oven to 220°C. Halve the potatoes, toss in oil, salt and pepper. Roast on a lined oven tray for 20-25 minutes until golden and crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	13g	40g

FROM YOUR BOX

BABY POTATOES	400g
LIME	1
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
SNOW PEAS	150g
ASIAN GREENS	1 bunch
GREEN TEA BAG	1
SALMON FILLETS	1 packet
SESAME SEEDS	1 packet
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sugar (or sweetener of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

For a milder chilli, remove the seeds before slicing.



1. COOK THE POTATOES

Halve **potatoes** and add to saucepan. Cover with water and bring to a boil. Simmer for 10 minutes until tender. Drain potatoes.



2. MAKE THE DRESSING

Whisk together **lime** zest and 1 tbsp juice (wedge remaining) with crushed **garlic**, **2 tbsp olive oil**, **1/2 tsp sugar**, **salt** and **pepper**.



3. PREPARE THE VEGETABLES

Halve, deseed and slice **cucumber**. Trim and thinly slice **snow peas** and **Asian greens**. Set aside.



4. COOK THE SALMON

Heat a frypan over medium-high heat with **oil**. Sprinkle contents of **tea bag** onto a plate. Season with **salt** and **pepper**. Roll **salmon fillets** in green tea mixture. Cook for 3-4 minutes each side until cooked through.



5. TOSS THE POTATOES

Toss potatoes, prepared vegetables, **sesame seeds** and dressing until well coated.



6. FINISH AND SERVE

Thinly slice **chilli** (see notes). Divide tossed vegetables among shallow bowls and flake salmon on top. Garnish with sliced chilli (to taste) and serve with lime wedges.



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