



### 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	2 bulbs
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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