

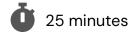


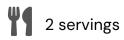


# Lemon & Dill Broth

# with Salmon

Healthy and delicious broth with poached salmon, potatoes, carrots and fresh dill finished with a splash of lemon juice to bring it together for a quick weeknight dinner.







# Make a traybake

Toss sliced spring onions, potatoes and carrots on a lined tray with oil and spices. Roast for 15 minutes, add salmon on top and roast for another 10 minutes. Serve with fresh dill and lemon wedges.

TOTAL FAT CARBOHYDRATES

39g

54g

### **FROM YOUR BOX**

SPRING ONIONS	1 bunch
CELERY STICK	1
DILL	1 packet
GREEN CAPSICUM	1
GARLIC CLOVE	1
MEDIUM POTATOES	2
CARROT	1
CHICKEN STOCK PASTE	1 small jar
SALMON FILLETS	1 packet
LEMON	1

#### FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, ground coriander, ground cumin

#### **KEY UTENSILS**

saucepan with lid

#### **NOTES**

Add 1/4 tsp cayenne pepper or ground chilli for an extra boost of flavour!

Serve with some fresh crusty bread if you wish!





# 1. SAUTÉ THE VEGGIES

Slice spring onions (white and green ends), celery stick and dill stems (reserve leaves). Dice capsicum.

Heat a large pan over medium-high heat with **2 tbsp olive oil**. Add prepared veggies with crushed garlic and cook for 3 minutes.



# 2. ADD THE SEASONING

Slice potatoes and carrots. Season with 1 tsp oregano, 1 tsp ground coriander and 1/2 tsp ground cumin (see notes).



# 3. SIMMER THE BROTH

Stir in stock and **3 cups water.** Bring to a simmer and cook, covered, for 8-10 minutes or until potatoes and carrot are fork-tender.



# 4. ADD THE SALMON

Dice salmon fillets. Gently add to the broth and simmer over medium-low heat for 3-4 minutes or until cooked to your liking.



# **5. SEASON THE BROTH**

Zest lemon to yield 1 tsp and chop dill leaves. Stir into broth (reserve some for garnish) with juice from 1/3 lemon. Cut remaining lemon into wedges. Adjust seasoning with salt and pepper if needed.



## 6. FINISH AND SERVE

Serve salmon broth in shallow bowls with lemon wedges and reserved dill for garnish.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



