

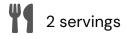




## **Nourishing Fish and Chips**

Fish and chips, but make it nourishing! Pan-fried salmon fillets, served with roasted sweet potato chips, a refreshing green salad and dill yoghurt sauce. Don't worry, we didn't forget to pack the lemon wedges!







# Crisp it up!

If you can not resist the allure of crispy fish, then we have options for you! Coat seasoned salmon fillets with 1 tbsp cornflour, press into 1/4 cup quinoa flakes or lupin crumbs.

TOTAL FAT CARBOHYDRATES

#### **FROM YOUR BOX**

SWEET POTATOES	400g
LEMON	1
DILL	1 packet
NATURAL YOGHURT	1 tub
SNOW PEA SPROUTS	1 packet
AVOCADO	1
SALMON FILLETS	1 packet

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

Turning the chips during roasting will help ensure even cooking and lower the risk of them burning on the edges.

Halve sprouts if desired.





#### 1. ROAST THE CHIPS

Set oven to 220°C.

Cut **potatoes** into chips. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 15 minutes, turn chips and roast for further 10–15 minutes (see notes) until golden and crispy.



## 2. MIX THE YOGHURT

Add **lemon** zest (reserve remaining lemon for step 3), roughly chopped **dill** (including tender stems) and **yoghurt** to a bowl. Season with **salt and pepper** and mix to combine.



#### 3. MAKE THE SALAD

Add juice from 1/2 lemon (wedge remaining), 1 1/2 tsp olive oil, salt and pepper to a bowl, mix to combine. Trim snow pea sprouts (see notes) and wedge avocado. Add to dressing and toss.



### 4. COOK THE FISH

Coat salmon with oil, 1 tsp lemon pepper (see cover for notes), and salt. Heat a frypan over medium-high heat with oil. Add salmon and cook for 2-4 minutes each side until cooked to your liking.



## 5. FINISH AND SERVE

Divide chips, salad and salmon among plates. Serve with dill yoghurt sauce and lemon wedges.





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