



Product Spotlight: Sweet Potato

Sweet potato isn't just for use in savoury dishes; due to its natural sweetness, you can add it to muffins, brownies or cakes!



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!



30 minutes



2 servings



Fish

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.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 37g | 36g | 112g |

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.



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.



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.



5. FINISH AND SERVE

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



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