



Product Spotlight: Dill

Previously, people believed that dill had magical powers and could save you from witchcraft and nightmares! We now know dill is good for calming the digestive system, among its many other benefits.



Salmon Bagel Salad

Salmon fillets coated with custom-blend everything bagel seasoning, served with a fresh dill and lemon yoghurt salad, and roast potato croutons.



30 minutes



2 servings



Fish

Roast it!

If you want to avoid dirty dishes, add seasoned salmon fillets to the oven tray with potatoes and roast for the last 10-12 minutes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	18g	59g

FROM YOUR BOX

MEDIUM POTATOES	2
SHALLOT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
DILL	1 packet
LEMON	1
YOGHURT	1 tub
SALMON FILLETS	1 packet
ROCKET LEAVES	60g
EVERYTHING BAGEL MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, apple cider vinegar, sugar of choice

KEY UTENSILS

frypan, oven tray

NOTES

Switch up the flavour on the potato croutons; you could use fennel seeds, cumin seeds, dried thyme or dried oregano.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste. Alternatively, dice shallot and add to salad as is.



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1. ROAST THE CROUTONS

Set oven to 220°C.

Dice **potatoes** to crouton-size pieces. Toss on a lined oven tray with **1 tsp rosemary** (see notes), **salt and pepper**. Roast for 20–25 minutes until potatoes are golden and tender.



4. COOK THE SALMON

Coat **salmon** with **oil, salt and pepper**. Heat a frypan over medium-high heat. Add salmon and cook for 2–4 minutes each side until cooked to your liking.



2. PREPARE THE INGREDIENTS

In a non-metallic bowl (see notes) whisk together **3 tbsp vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl and set aside. Crescent **cucumber**, halve or quarter **tomatoes** and roughly chop **dill** (including tender stems). Add to a large bowl.



5. TOSS THE SALAD

Add **rocket leaves** to bowl with prepared ingredients along with lemon yoghurt and potato croutons. Toss to combine. Season to taste with **salt and pepper**.



3. MAKE THE LEMON YOGHURT

Add zest of whole **lemon** and juice of half lemon (wedge remaining) to a bowl along with **yoghurt, salt and pepper**. Mix to combine.



6. FINISH AND SERVE

Drain pickled shallot.

Divide salad among plates. Serve with salmon. Sprinkle over **everything bagel mix**, garnish with pickled shallot and serve with 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**

