



Product Spotlight: Fennel


Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews, or roasted.




Salmon Fillets

with Caraway Roasted Veg and Yoghurt Sauce

Salmon fillets coated in lemon zest alongside a trio of coloured vegetables roasted with caraway seeds served with a zingy yoghurt sauce.

 30 minutes

 2 servings

 Fish

Bulk it up!

Add extra veg to the oven tray such as zucchini, sweet potato or red onion. You can also serve this dish with a cooked grain; toss with roast veg and yoghurt sauce.

Per serve: **PROTEIN** 28g **TOTAL FAT** 7g **CARBOHYDRATES** 30g

FROM YOUR BOX

BEETROOTS	2
FENNEL	1
CARROTS	2
CARAWAY SEEDS	1 packet
LEMON	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	1 packet
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, frypan

NOTES

Bake the salmon on the oven tray with the vegetables if preferred.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and fennel (reserve any fronds), and thickly slice carrots. Toss on a lined oven tray with **oil**, caraway seeds, **salt and pepper**. Roast for 20 minutes.



4. FINISH AND SERVE

Spoon yoghurt sauce onto plates. Top with fresh mesclun leaves, roasted vegetables and salmon. Serve with lemon wedges.



2. MAKE THE YOGHURT SAUCE

Zest lemon and set aside (see step 3). Add juice from 1/2 lemon to a bowl along with yoghurt, reserved fennel fronds, **salt and pepper**, and stir to combine. Wedge remaining lemon.



3. COOK THE SALMON

Heat a frypan (see notes) over medium-high heat. Coat salmon in **oil**, 2 tsp reserved lemon zest, **salt and pepper**. Add salmon to pan and cook for 2-4 minutes each side or until cooked to your liking.



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