



Product Spotlight: Sweet Potato

Purple sweet potatoes have a creamy white flesh and a slightly sweeter taste compared to the standard orange sweet potato. They are rich in vitamins, minerals, and fibre, making them a nutritious addition to your diet.



Sesame Salmon with Japanese Potatoes

Sesame seed crusted salmon fillets, served with roasted purple sweet potatoes tossed in teriyaki sauce with fresh cucumber, avocado and chives.



30 minutes



2 servings



Fish

Get outside!

As the warm days linger, we understand you may want to avoid the oven. Fear not; this dish can be cooked on the BBQ! Cook potatoes for 5-6 minutes each side with the lid down, and the salmon for 2-4 minutes each side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	28g	69g

FROM YOUR BOX

PURPLE SWEET POTATOES	500g
SALMON FILLETS	1 packet
BLACK SESAME SEEDS	1 packet
CHIVES	1 bunch
AVOCADO	1
LEBANESE CUCUMBER	1
TERIYAKI SAUCE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, white pepper, sesame oil

KEY UTENSILS

2 oven trays

NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. If it's missing from your pantry you can easily substitute white pepper for black pepper.

If desired, dress cucumber and avocado with vinegar (rice wine, white wine or white vinegar all work well), sesame oil, salt and pepper.



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1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into angular pieces. Toss on a lined oven tray with **oil, salt and 1/4-1/4 tsp white pepper** (see notes). Roast for 20-25 minutes until golden and tender.



4. TOSS THE POTATOES

Add roasted potatoes to a large bowl with **1/2 teriyaki sauce**. Toss to coat potatoes.



2. CRUST & ROAST SALMON

Coat **salmon** with **sesame oil, salt** and a pinch of **white pepper**. Spread **sesame seeds** on a plate and press salmon into seeds to crust. Place on a lined oven tray and roast for 10-12 minutes until cooked to your liking.



5. FINISH AND SERVE

Divide tossed potatoes among plates along with salmon, cucumber and avocado. Garnish with chives and serve with remaining teriyaki sauce.



3. PREPARE THE SIDES

Finely chop **chives**. Dice **avocado** and ribbon **cucumber** (see notes).

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