



### Product Spotlight: Salmon

Salmon is an excellent source of high quality protein, vitamins and minerals.

Rinse your fillets before cooking to remove any stray scales.



## Spanish Salmon

### with Patatas Bravas

A mild but tasty version of the much loved Spanish street food! Crispy potatoes, covered in a rich tomato sauce with Spanish flavours, served with salmon fillets and corn cobs.



25 minutes



2 servings



Fish

## Switch it up!

*If you don't feel like making the sauce, you can roast the tomatoes in the oven with the salmon and corn.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	26g	83g

## FROM YOUR BOX

MEDIUM POTATOES	3
BROWN ONION	1
CHERRY TOMATOES	200g
SPANISH SPICE MIX	1 sachet
CORN COB	1
SALMON FILLETS	1 packet
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, sugar (of choice)

## KEY UTENSILS

2 oven trays, frypan or saucepan

## NOTES

Roast the potatoes on the top shelf of the oven for a more golden finish.

Spanish spice mix: *sweet paprika, smoked paprika, turmeric, garlic granules, parsley flakes.*



### 1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes (see notes).



### 2. COOK THE SAUCE

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice onion and halve tomatoes. Add to pan as you go along with **3 tsp Spanish spice mix** and **2 tbsp water**. Cook, stirring occasionally, for 15 minutes (see step 4).



### 3. ROAST SALMON & CORN

Meanwhile, cut corn into cobs. Coat corn and salmon fillets with **2 tsp Spanish spice mix, oil, salt and pepper**. Place on same tray as potatoes (or on a separate tray) and roast for a further 10 minutes until cooked through.



### 4. FINISH THE SAUCE

Gently squash the tomatoes with a fork. Season with **1/2 tbsp vinegar, 1 tsp sugar, salt and pepper**.



### 5. FINISH AND SERVE

Remove the potatoes to a serving plate and cover with sauce. Chop parsley and sprinkle on top. Serve with salmon and corn.



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