



Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed as a superfood. Vitamin K is the most prominent nutrient, and it helps to build strong bones and assists in blood clotting.



Chimichurri Salmon with Roasted Vegetables

Salmon fillets roasted with home-made chimichurri sauce, served with roasted vegetables and fresh watercress. This dish is low in prep time, and once it's in the oven, the heavy lifting is done, perfect after a busy day.



30 minutes



4 servings



Fish

Spice it down!

To spice it down, remove the seeds from the inside of the chilli or omit the chilli from the chimichurri and slice it to serve fresh.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	32g	42g

FROM YOUR BOX

SWEET POTATOES	800g
CHERRY TOMATOES	2 x 200g
PARSLEY	1 packet
GARLIC CLOVES	2
RED CHILLI	1
SALMON FILLETS	2 packets
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, red wine vinegar

KEY UTENSILS

2 oven trays

NOTES

Add salmon to oven tray with vegetables if you have space. Alternatively, you can pan-fry the salmon over medium-high heat for 2-4 minutes each side until cooked to your liking.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop **sweet potatoes**. Toss on a lined oven tray along with **cherry tomatoes, oil, salt and pepper**. Roast for 20-25 minutes.



4. FINISH AND SERVE

Trim **watercress** and halve if desired.

Divide roasted vegetables among plates. Add salmon and watercress. Serve with remaining chimichurri.



2. MAKE THE CHIMICHURRI

Finely chop **parsley**, crush **garlic** and finely dice **chilli**. Add to a bowl along with **1 1/2 tbsp oregano, 1 tbsp water, 1/4 cup olive oil, 3 tbsp vinegar, salt and pepper**. Mix to combine.



3. ROAST THE SALMON

Season **salmon** with **salt**. Add **1 tsp chimichurri** to each fillet. Add to a second lined oven tray. Roast for 8-10 minutes until cooked to your liking (see notes).



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