



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Chimichurri Salmon with Roasted Vegetables

Salmon fillets roasted with home-made chimichurri sauce and served with roasted vegetables. 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



4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 27g/32g | 10g | 36g/47g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------------------|-----------|-----------|
| SWEET POTATOES | 800g | 1.2kg |
| CHERRY TOMATOES | 2 x 200g | 3 x 200g |
| PARSLEY | 1 packet | 2 packets |
| GARLIC CLOVES | 2 | 2 |
| RED CHILLI | 1 | 1 |
| SALMON FILLETS | 2 packets | 3 packets |
| * BABY SPINACH AND ROCKET | 2 x 60g | 2 x 60g |

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

*watercress has been replaced with baby spinach and rocket leaves due to availability.



Scan the QR code to submit a Google review!



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

Divide **roasted vegetables** among plates. Add **salmon, baby spinach and rocket leaves**. Serve with remaining **chimichurri**.



2. MAKE THE CHIMICHURRI

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

6P - Mix **chopped parsley, crushed garlic, diced chilli, 1 tbsp dried oregano, 2 tbsp water, 1/3 cup olive oil, 1/3 cup vinegar, salt and pepper**.



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).

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

