

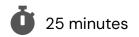


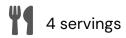


Lemon & Dill Broth

with Salmon

Healthy and delicious broth with poached salmon, potatoes, carrots and fresh dill finished with a splash of lemon juice to bring it together for a quick weeknight dinner.







Make a traybake

Toss sliced spring onions, potatoes and carrots on a lined tray with oil and spices. Roast for 15 minutes, add salmon on top and roast for another 10 minutes. Serve with fresh dill and lemon wedges.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 19

38g

FROM YOUR BOX

SPRING ONIONS	1 bunch
CELERY STICKS	2
DILL	1 packet
GREEN CAPSICUM	1
GARLIC CLOVES	2
MEDIUM POTATOES	3
CARROTS	2
CHICKEN STOCK PASTE	1 small jar
SALMON FILLETS	2 packets
LEMON	1

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, ground coriander, ground cumin

KEY UTENSILS

saucepan with lid

NOTES

Add 1/4 tsp cayenne pepper or ground chilli for an extra boost of flavour!

Serve with some fresh crusty bread if you wish!





1. SAUTÉ THE VEGGIES

Slice spring onions (white and green ends), celery sticks and dill stems (reserve leaves). Dice capsicum.

Heat a large saucepan over medium-high heat with **2 tbsp olive oil**. Add prepared veggies with crushed garlic and cook for 3 minutes.



2. ADD THE SEASONING

Slice potatoes and carrots. Season with 2 tsp oregano, 2 tsp ground coriander and 1 tsp ground cumin (see notes).



3. SIMMER THE BROTH

Stir in stock and **5 cups water.** Bring to a simmer and cook, covered, for 8-10 minutes or until potatoes and carrots are fork-tender.



4. ADD THE SALMON

Dice salmon fillets. Gently add to the broth and simmer over medium-low heat for 3-4 minutes or until cooked to your liking.



5. SEASON THE BROTH

Zest lemon and chop dill leaves. Stir into broth (reserve some for garnish) with juice from 1/2 lemon. Cut remaining lemon into wedges. Adjust seasoning with **salt and pepper** if needed.



6. FINISH AND SERVE

Serve salmon broth in shallow bowls with lemon wedges and reserved dill for garnish.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



