



Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



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.



25 minutes



4 servings



Fish

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	19g	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!



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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.

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