



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Orange

When zesting oranges, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Orange Walnut Crusted Salmon with Spring Vegetables

Juicy salmon fillets baked with a citrusy, smoky orange-walnut crust, served alongside roasted Brussels sprouts and a fresh zucchini and parsley salad.



35 minutes



4/6 servings



Fish

Bulk it up!

This dish has purposefully been designed as a light meal. To bulk it up, add extra veg to the roasting tray such as sweet potato or red onion, fresh salad leaves and thinly sliced radishes, or toasted nuts or seeds.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	24g	30g

FROM YOUR BOX

	4 PERSON	6 PERSON
FENNEL	1	2
BRUSSELS SPROUTS	2 x 200g	3 x 200g
WALNUTS	2 x 20g	3 x 20g
ORANGE	1	2
HONEY SHOT	1	2
SALMON FILLETS	2 packets	3 packets
ZUCCHINIS	2	3
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, vinegar (of choice)

KEY UTENSILS

oven tray, oven dish

NOTES

Quarter any larger Brussel sprouts. If preferred, chop zucchini and add to oven tray to roast.

If sprouts begin to brown, toss half way through roasting to ensure even cooking.

Want some heat? Add dried chilli flakes or cayenne pepper to the topping.



1. ROAST THE VEGETABLES

Set oven to 220°C

Wedge the **fennel** and reserve any fronds for garnish. Halve the **Brussels sprouts** (see notes), then toss both on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes or until tender.



4. TOSS THE VEGETABLES

Ribbon **zucchini**s and finely chop **parsley**, including tender stems. Add to a bowl along with **roasted vegetables**. Dress with **1 tbsp olive oil, 2 tsp vinegar, salt and pepper**. Toss to combine.

6P – dress with **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



2. MAKE THE TOPPING

Finely chop **walnuts** and zest **orange** to **yield 2 tsp**. Add to a bowl along with **juice from 1/2 orange** (reserve remaining), **honey, 2 tsp smoked paprika, salt and pepper** (see notes). Mix to combine.

6P – use **juice from 1 orange, honey and 3 tsp smoked paprika**.



3. BAKE THE SALMON

Season the **salmon** with **salt and pepper**. Place in a lined oven dish and spoon over the prepared **topping**. Bake for 12–15 minutes or until cooked to your liking.



5. FINISH AND SERVE

Slice remaining **orange**.

Divide tossed **vegetables** among plates. Serve with **salmon and orange slices**.



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