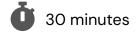


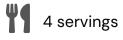




# Salmon Bagel Salad

Salmon fillets coated with custom-blend everything bagel seasoning, served with a fresh dill and lemon yoghurt salad, and roast potato croutons.







# Roast it!

If you want to avoid dirty dishes, add seasoned salmon fillets to the oven tray with potatoes and roast for the last 10–12 minutes.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

29g

15g

54g

#### **FROM YOUR BOX**

MEDIUM POTATOES	4
SHALLOT	1
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	400g
DILL	1 packet
LEMON	1
YOGHURT	1 tub
SALMON FILLETS	2 packets
ROCKET LEAVES	120g
EVERYTHING BAGEL MIX	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, apple cider vinegar, sugar of choice

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

Switch up the flavour on the potato croutons; you could use fennel seeds, cumin seeds, dried thyme or dried oregano.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste. Alternatively, dice shallot and add to salad as is.



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#### 1. ROAST THE CROUTONS

Set oven to 220°C.

Dice **potatoes** to crouton-size pieces. Toss on a lined oven tray with **2 tsp rosemary** (see notes), **salt and pepper**. Roast for 20–25 minutes until potatoes are golden and tender.



### 2. PREPARE THE INGREDIENTS

In a non-metallic bowl (see notes) whisk together 3 tbsp vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar. Thinly slice shallot and add to bowl and set aside. Crescent cucumber, halve or quarter tomatoes and roughly chop dill (including tender stems). Add to a large bowl.



#### 3. MAKE THE LEMON YOGHURT

Add zest of whole **lemon** and juice of half lemon (wedge remaining) to a bowl along with **yoghurt**, **salt and pepper**. Mix to combine.



#### 4. COOK THE SALMON

Coat salmon with oil, salt and pepper. Heat a frypan over medium-high heat. Add salmon and cook for 2-4 minutes each side until cooked to your liking.



## 5. TOSS THE SALAD

Add **rocket leaves** to bowl with prepared ingredients along with lemon yoghurt and potato croutons. Toss to combine. Season to taste with **salt and pepper**.



#### 6. FINISH AND SERVE

Drain pickled shallot.

Divide salad among plates. Serve with salmon. Sprinkle over **everything bagel mix**, garnish with pickled shallot and serve with lemon wedges.

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



