



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.



30 minutes



4/6 servings



Fish

Product Spotlight: Dill

Previously, people believed that dill had magical powers and could save you from witchcraft and nightmares! We now know dill is good for calming the digestive system, among its many other benefits.



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
34g 27g 39g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
SHALLOT	1	1
LEMON	1	2
NATURAL YOGHURT	1 tub	2 tubs
LEBANESE CUCUMBERS	2	3
CHERRY TOMATOES	2 x 200g	3 x 200g
DILL	1 packet	2 packets
SALMON FILLETS	2 packets	3 packets
ROCKET LEAVES	1 bag	2 bags
EVERYTHING BAGEL MIX	1 packet	2 packets

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.

Everything Bagel Mix: white & black sesame seeds, poppy seeds, salt flakes, dried onion flakes, garlic granules.



1. ROAST THE CROUTONS

Set oven to 220°C.

Dice **potatoes** to crouton-size pieces. Toss on a lined oven tray with **2-3 tsp rosemary** (see notes), **salt and pepper**. Roast for 20-25 minutes until **potatoes** are golden and tender.

2. PREPARE PICKLE & SAUCE

Whisk **3 tbsp vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar** in a bowl (see notes). Thinly slice and add **shallot**. Set aside.

In a separate bowl, mix the **zest of the whole lemon and juice of 1/2 lemon** (wedge remaining) with **yoghurt**, **salt** and **pepper** until combined. Keep refrigerated.

6P - use zest and juice from 1 lemon.

3. MAKE THE LEMON YOGHURT

Crescent **cucumbers**, halve or quarter **tomatoes** and roughly chop **dill** (including tender stems). Add to a large bowl.



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**.

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