



Product Spotlight: Dutch Carrots

It is often forgotten that the carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



Salmon with Spiced Roast Carrots & Tzatziki

Golden pan-seared salmon served with warm spiced roast carrot and parsnip salad, finished with fresh dill, crunchy pecans and paired with a creamy tzatziki



30 minutes



4/6 servings



Fish

Jazz it up!

You can add some fresh chopped parsley to the roast carrot salad and serve the salmon with lemon wedges for a lift in flavour. Bulk up the salad with roast cherry tomatoes or capsicum if preferred!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g/38g	27g/32g	30g/36g

FROM YOUR BOX

	4 PERSON	6 PERSON
DUTCH CARROTS	1 bunch	2 bunches
CARROTS	3	3
PURPLE CARROTS	3	3
PARSNIPS	2	3
SHAWARMA SPICE MIX	1 packet	2 packets
LEBANESE CUCUMBER	1	2
NATURAL YOGHURT	1 tub	2 tubs
SALMON FILLETS	2 packets	3 packets
DILL	1 packet	2 packets
PECANS	40g	2 x 40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Dutch carrots can be sandy so give them a good scrub before roasting. Leave any smaller carrots whole for an even cook time.

Add some crushed garlic to the yoghurt if you have some.

Shawarma spice mix: ground cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin.



1. ROAST THE CARROTS

Set oven to 220°C.

Trim and halve **dutch carrots** (see notes). Cut **orange/purple carrots** and **parsnips** into similar size batons. Toss on a lined oven tray with **shawarma spice mix, oil, salt and pepper**. Roast for 25 minutes until tender.



4. FINISH THE CARROTS

Whisk together **1 tbsp vinegar** and **2 tbsp olive oil** in a large bowl. Chop **dill** and **pecans**. Toss all together with roast **vegetables** until coated.

6P – whisk together **1 1/2 tbsp vinegar** and **3 tbsp olive oil**.



2. PREPARE THE TZATZIKI

Grate **cucumber** and squeeze out excess liquid. Combine with **yoghurt** (see notes), **2 tbsp olive oil**, season with **salt and pepper**. Set aside.



5. FINISH AND SERVE

Spread even amounts **tzatziki** on a plate. Top with **roast carrot salad** and **salmon**.



3. COOK THE SALMON

Coat **salmon fillets** with **1 tsp fennel seeds, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook **salmon** for 3–5 minutes each side or until cooked through.

6P – use **1 1/2 tsp fennel seeds**.

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