



## Sesame Salmon with Japanese Potatoes

Sesame seed crusted salmon fillets, served with roasted purple sweet potatoes tossed in teriyaki sauce with fresh cucumber, avocado and chives.



30 minutes



4/6 servings



Fish

### Product Spotlight: Purple Sweet Potato

Purple sweet potato have a creamy white flesh and a slightly sweeter taste compared to the standard orange sweet potato. They are rich in vitamins, minerals, and fibre, making them a nutritious addition to your diet.



## Get outside!

*As the warm days linger, we understand you may want to avoid the oven. Fear not; this dish can be cooked on the BBQ! Cook potatoes for 5-6 minutes each side with the lid down and, the salmon for 2-4 minutes each side.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	33g	29g	66g

## FROM YOUR BOX

	4 PERSON	6 PERSON
PURPLE SWEET POTATOES	1kg	1.5kg
SALMON FILLETS	2 packets	3 packets
BLACK SESAME SEEDS	40g	40g + 20g
CHIVES	1 bunch	1 bunch
AVOCADO	1	2
LEBANESE CUCUMBERS	2	3
TERIYAKI SAUCE	2 sachets	3 sachets

## FROM YOUR PANTRY

oil for cooking, salt, white pepper, sesame oil

## KEY UTENSILS

2 oven trays

## NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. If it's missing from your pantry you can easily substitute white pepper for black pepper.

If desired dress cucumber and avocado with vinegar (rice wine, white wine or white vinegar all work well), sesame oil, salt and pepper.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into angular pieces. Toss on a lined oven tray with **oil, salt and 1/2-1 tsp white pepper** (see notes). Roast for 20–25 minutes until golden and tender.



### 4. TOSS THE POTATOES

Add **roasted potatoes** to a large bowl with **1 sachet teriyaki sauce**. Toss to coat potatoes.

**6P – add roasted potatoes to a large bowl with 1 1/2 sachet teriyaki sauce.**

### 2. CRUST & ROAST SALMON

Coat **salmon** with **sesame oil, salt** and a pinch of **white pepper**. Spread **sesame seeds** on a plate and press salmon into seeds to crust. Place on a lined oven tray and roast for 10–12 minutes until cooked to your liking.



### 5. FINISH AND SERVE

Divide tossed **potatoes** among plates along with **salmon, cucumber and avocado**. Garnish with **chives** and serve with **remaining teriyaki sauce**.



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