



Product Spotlight: Kiwi Fruit

High in vitamin C and K as well as a good source of dietary fibre and vitamin E, these are little power capsules!



Spice Rubbed Salmon with Kiwi Salsa

A fresh salsa with kiwi fruit, tomato, feta cheese and dill served with spiced pan cooked salmon fillets and fluffy white quinoa.



30 minutes



4 servings



Fish

Spice it up!

If you don't have cajun spice at home you can use ground cumin or paprika instead. Chopped rosemary leaves and lemon zest also work well on the salmon in place of spice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	33g	46g

FROM YOUR BOX

ORGANIC QUINOA	200g
KIWI FRUITS	2
TOMATOES	2
LEBANESE CUCUMBER	1
DILL	1 packet
FETA CHEESE	1 packet
LEMON	1
SALMON FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice

KEY UTENSILS

frypan, saucepan

NOTES

Rinse the salmon fillets before cooking to remove any stray scales.

If you don't have cajun spice, you can use ground cumin or other spice mix of choice!



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse.



2. PREPARE THE SALSA

Peel and dice kiwi fruits. Chop tomatoes and cucumber. Roughly chop dill and crumble feta cheese (to taste). Toss together.



3. PREPARE THE DRESSING

Whisk together 1/2 lemon zest and juice (wedge remaining) with **3 tbsp olive oil, salt and pepper**. Set aside.



4. COOK THE SALMON

Coat salmon with **2 tsp cajun spice, oil, salt and pepper** (see notes). Heat a frypan over medium-high heat with **oil**. Cook salmon for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND PLATE

Divide quinoa, salmon and salsa among shallow bowls. Spoon over dressing to taste.



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