



### 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



4/6 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
4/6 Person:	42g	30g	30g/35g

## FROM YOUR BOX

	4 PERSON	6 PERSON
ORGANIC QUINOA	200g	200g + 100g
KIWI FRUITS	2	3
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
DILL	1 packet	1 packet
FETA CHEESE	1 packet	1 packet
LEMON	1	1
SALMON FILLETS	2 packets	3 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice (see notes)

## KEY UTENSILS

frypan, saucepan

## NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

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!



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### 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 (see notes).



### 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.

**6P** - coat salmon with 3 tsp cajun spice, oil, salt and pepper (see notes).



### 5. FINISH AND PLATE

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

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

