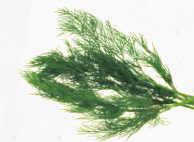




Product Spotlight: Dill

Dill has been used since ancient times; the Greeks believed it could bring good luck, and Roman gladiators rubbed it on their muscles before battle!



BBQ Salmon with Mango Salad

A nourishing combination of BBQ salmon, quinoa and fresh mango salad, brought together with a creamy dill yoghurt dressing. Light, vibrant and packed with goodness.



30 minutes



4 servings



Fish

Add to the dish!

You can add sliced radishes, chopped parsley or spring onions to the salad for a fresh flavour. Toasted walnuts, pecans, almonds and pepita seeds will add a lovely texture to the salad. Serve the salmon with lemon or lime wedges.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	23g	27g

FROM YOUR BOX

	4 PERSON	6 PERSON
QUINOA	100g	100g + 50g
DILL	1 packet	2 packets
NATURAL YOGHURT	1 tub	2 tubs
GEM LETTUCE	3-pack	3-pack
MANGO	1	1
LEBANESE CUCUMBER	1	2
CHERRY TOMATOES	200g	2 x 200g
SALMON FILLETS	2 packets	3 packets

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground coriander, apple cider vinegar

KEY UTENSILS

BBQ/griddle pan or frypan, saucepan

NOTES

Apple cider vinegar can be substituted with lemon juice, white wine or red wine vinegar.

Brush hotplate or griddle with oil, and turn salmon fillets only once to prevent the fillets from sticking.



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



2. PREPARE THE DRESSING

Chop **dill**. Combine with **yoghurt**, **1 tbsp vinegar**, **2 tbsp olive oil** and **2 tbsp water** to reach a runny consistency (see notes). Season with **salt and pepper**.

6P – use **2 tbsp vinegar**, **1/3 cup olive oil** and **1/3 cup water** for the dressing.



3. PREPARE THE SALAD

Roughly tear and rinse **lettuce leaves**. Slice **mango** and **cucumber**. Halve **tomatoes**. Gently toss together.



4. COOK THE SALMON

Combine **2 tsp smoked paprika**, **2 tsp ground coriander**, **oil**, **salt and pepper**. Rub over **salmon** to coat. Heat a BBQ hotplate or griddle pan over high heat (see notes). Cook for 2–4 minutes each side or until cooked to your liking.

6P – use **3 tsp smoked paprika** and **3 tsp ground coriander** for the spice rub.



5. FINISH AND SERVE

Spread cooked **quinoa** on a serving plate, pile **salad** on top and drizzle with **dressing**. Serve with **BBQ salmon**.

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