




Product Spotlight: Beetroot

Beetroot comes in purple, white or golden varieties, and is rich in vitamins and antioxidants. This versatile vegetable can be eaten raw or cooked.



Caraway Salmon Fillets with Grazing Platter

This caraway salmon and grazing platter is a dinner that has something for everyone! Tender boiled herby potatoes, vinegary beetroot, lemon ricotta and caraway salmon fillets.

 25 minutes  2 servings  Fish

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Switch it up!

Toss the potatoes in oil and seasoning and roast them in the oven until golden and crispy to switch it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	62g	72g

FROM YOUR BOX

MEDIUM POTATOES	2
LEMON	1
RICOTTA	1 tub
TINNED BEETROOT	450g
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, caraway seeds, dried tarragon

KEY UTENSILS

large frypan, saucepan

NOTES

Boil kettle and cover the potatoes with hot water to speed up the cooking process.



1. BOIL THE POTATOES

Roughly chop potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain and return to saucepan.



2. PREPARE THE RICOTTA

Zest lemon (halve lemon and reserve). Add to a bowl along with ricotta, **1/2 tbsp olive oil, salt and pepper**. Mix to combine.



3. DRESS THE BEETROOT

Add **2 tbsp olive oil** and juice from 1/2 lemon to a bowl. Wedge beetroot and add to bowl. Toss to combine. Season to taste with **salt and pepper**.



4. COOK THE SALMON

Heat a frypan over medium–high heat with **oil**. Coat salmon with **oil, 1 tsp caraway seeds, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked through.



5. TOSS THE POTATOES

Add **1 1/2 tbsp olive oil, 1 tsp tarragon** and juice from remaining lemon to potatoes. Toss to combine and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Dice cucumber and trim watercress. Serve all of the elements tableside as a grazing platter.



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