



### Product Spotlight: Salmon Fillets

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



## Greek Salmon and Roast Potato Bowl

Pan-fried salmon fillets served in a bowl with roasted potatoes, lemon whipped feta, bright and fresh vegetables and pickled shallot!



30 minutes



2 servings



Fish

15 September 2023

### Bulk it up!

*Add drained chickpeas, sweet potato, pumpkin or zucchini to the roasting tray. Dice and add fresh capsicum or grate beetroot. Add sprouts, fresh herbs, olives, or sun-dried tomatoes to the finished bowl.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	46g	33g	63g

## FROM YOUR BOX

MEDIUM POTATOES	3
SHALLOT	1
LEMON	1
FETA CHEESE	1 packet
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sugar of choice, dried oregano

## KEY UTENSILS

frypan, oven tray, stick mixer or small blender

## NOTES

If you have the time, add chopped potatoes to a saucepan and cover with water. Cook until potatoes are very tender. Drain well, add to oven tray, season and roast until golden and crispy.

Boiling the potatoes before roasting gives you a fluffier interior and crispier exterior.

White sugar, brown sugar, raw sugar and honey all work well for this recipe. Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Roughly chop potatoes (see notes) and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes, or until golden.



### 2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar**. Thinly slice shallot and add to bowl. Set aside to pickle. Drain before serving.



### 3. MAKE THE WHIPPED FETA

Zest lemon (set remaining aside). Crumble feta. Add both to a jug along with **1 tbsp olive oil and 2 tbsp water**. Use a stick mixer to blend until smooth.



### 4. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat salmon with **oil, 2 tsp oregano, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking.



### 5. PREPARE THE VEGETABLES

Meanwhile, dice cucumber and halve tomatoes. Wedge lemon.



### 6. FINISH AND SERVE

Divide potatoes among shallow bowls. Top with fresh vegetables and salmon fillets. Dollop over whipped feta and serve with lemon wedges. Sprinkle over **oregano** if desired.



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