



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Herby Salmon

with Ribboned Zucchini and Garlic Yoghurt

Salmon fillets crumbed and baked in herby lupin crumbs, served over a garlic yoghurt with a surprisingly delectable warm ribboned zucchini and chickpea salad.



30 minutes



4 servings



Fish

1 September 2023

Spice it up!

Add finely grated parmesan, almond meal or blended nuts to the crumb on your salmon for extra flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	11g	25g

FROM YOUR BOX

SALMON FILLETS	2 packets
HERB & GARLIC LUPIN CRUMB	1 packet
ZUCCHINIS	2
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
TINNED CHICKPEAS	2 x 400g
LEMON	1
NATURAL YOGHURT	1 tub
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. CRUMB & BAKE THE SALMON

Set oven to 220°C.

Coat salmon in **oil, salt and pepper**. Place on a lined oven tray and press crumb into salmon. Bake for 10-12 minutes until cooked through.



2. PREPARE THE VEGETABLES

Ribbon zucchini, slice spring onions and crush garlic. Drain and rinse chickpeas.

Zest lemon and wedge half. Set aside.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add spring onions, 1/2 crushed garlic and chickpeas to pan. Cook for 3 minutes. Add zucchini. Squeeze in juice from 1/2 lemon. Season to taste with **salt and pepper**. Remove from heat.



4. MAKE GARLIC YOGHURT

Add remaining garlic and lemon zest to a bowl along with yoghurt and **2 tbsp water**. Season with **salt and pepper**. Mix to combine.



5. FINISH AND SERVE

Roughly chop or tear basil leaves.

Spoon garlic yoghurt onto base of plates. Top with vegetables and salmon. Garnish with basil leaves and serve with lemon wedges.



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