



Product Spotlight:
Olives

Green olives are picked once they have reached full size but before they are fully ripened.



Salmon Fennel Parcels

with Pine Nut & Currant Salsa

Lemon zest salmon fillets and fennel cooked en papillon and served over red rice with fresh watercress and a perfectly balanced salsa of pine nuts, currants, olives and lemon juice.



30 minutes



4 servings



Fish

7 April 2023

Switch it up!

Instead of cooking the salmon and fennel in parcels, you can pan-fry the salmon and sauté the fennel.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	51g	70g

FROM YOUR BOX

RED RICE	1 packet (300g)
FENNEL	1
LEMON	1
SALMON FILLETS	2 packets
CELERY STICK	1
PITTED OLIVES	1 jar
PINE NUT+CURRANT MIX	1 packet
WATERCRESS	1 sleeve

FROM YOUR PANTRY

butter, salt, pepper, olive oil, ground coriander, baking paper

KEY UTENSILS

oven tray, saucepan

NOTES

You can add extra herbs to this salsa. Parsley, dill and mint would all make great additions!



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. PREPARE THE PARCELS

Slice fennel (reserve any fronds for step 4). Zest lemon. Place 4 large sheets of **baking paper** on bench and place even amounts of fennel on each. Top each parcel with salmon, lemon zest, **1/2 tsp coriander**, **2 tsp butter**, salt and pepper.



3. BAKE THE PARCELS

To wrap the parcel, bring the long sides of paper together, fold over and tuck the short sides underneath the parcel to seal. Add to an oven tray and bake for 15–20 minutes until salmon is cooked to your liking.



4. MAKE THE SALSA

Finely dice celery. Reserve 1 tbsp olive brine, then drain and roughly chop olives, along with reserved fennel fronds and pine nut mix. Add to a bowl along with **1/3 cup olive oil**, lemon juice, **salt and pepper**. Mix to combine (see notes).



5. FINISH AND SERVE

Divide rice among shallow bowls. Serve with salmon parcels and fresh watercress. Spoon over even amounts of salsa.



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