



Product Spotlight: Kalamata olives

Kalamata olives take their name from the city of Kalamata, Greece, where they were first grown. Like most olives, they are rich in antioxidants and healthy fats.



Salmon with Olive Butter and Roast Potatoes

Potatoes roasted to crispy perfection, served with lemon zest green beans, fresh watercress and salmon with the most delectable kalamata olive butter.



30 minutes



4/6 servings



Fish

Potato Perfection!

For perfect crispy roasted potatoes, boil chopped potatoes until tender. Drain well and allow to steam off for 5 minutes, then roast until golden and crispy!

Per serve: **PROTEIN** 37g **TOTAL FAT** 27g **CARBOHYDRATES** 35g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
KALAMATA OLIVES	1 packet	1 packet
GARLIC CLOVE	1	1
GREEN BEANS	250g	250g + 150g
LEMON	1	1
SALMON	2 packets	3 packets
WATERCRESS	1 sleeve	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, 50g butter

KEY UTENSILS

large frypan, oven tray

NOTES

Grating, peeling or roughly chopping the butter into pieces will also make it easier to mix with the olives and garlic.

Halve or third green beans if desired.



1. ROAST THE POTATOES

Set oven to 220°C and take out **50g butter** to soften (see notes).

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

6P - use 60-70g butter.



4. COOK THE SALMON

Coat **salmon** in **salt and pepper**. Reheat reserved pan over medium-high heat. Add **salmon** and cook for 2-4 minutes each side until cooked to your liking.



2. MAKE THE OLIVE BUTTER

Finely chop **olives** (use to taste) and add to a bowl along with **crushed garlic** and **butter**. Season with **pepper** and mix to combine.



3. COOK THE GREEN BEANS

Trim **beans** (see notes) and zest **lemon**. Heat a large frypan over medium-high heat with **oil**. Add **beans** and **lemon zest** to pan. Cook for 2-3 minutes until tender. Remove from pan (reserve pan) and season to taste with **salt and pepper**.



5. FINISH AND SERVE

Trim **watercress** and wedge **lemon**.

Divide **roasted potatoes, watercress** and **green beans** among plates.



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