



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Holy Smoke

Holy Smoke uses carefully selected fresh, natural and 100% WA local ingredients. They share our strong beliefs in supporting our local community.



4 Smoked Salmon Niçoise

The perfect combination of warm potatoes, green beans, olives and fresh tomatoes with flaked smoked salmon from Holy Smoke, finished with a dijon mustard dressing.

 30 minutes

 4 servings

 Fish

15 June 2020

Mix it up!

Traditionally this salad is made with hard-boiled eggs and tuna or anchovies. You can add these to stretch out the dish and make an extra serve!

Per serve: **PROTEIN** 18g **TOTAL FAT** 22g **CARBOHYDRATES** 47g

FROM YOUR BOX

| | |
|---------------------------|------------------|
| BABY POTATOES | 800g |
| DUTCH CARROTS | 1 bunch |
| GREEN OLIVES | 1 jar |
| SMOKED SALMON | 1 packet |
| SPRING ONIONS | 1/4 bunch * |
| CHERRY TOMATOES | 1/2 bag (200g) * |
| SPINACH AND ROCKET LEAVES | 1 bag (120g) |
| GREEN BEANS | 1 bag (150g) |
| GARLIC | 1/2 clove |
| DILL | 1/2 packet * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard, red wine vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

You can crisp up the salmon skin in a frypan or on the oven tray instead of throwing it away!

If your roast vegetables are still quite hot you can divide them among bowls first. Toss the fresh ingredients together, divide over top of roast veggies and spoon over dressing.

No fish option – smoked salmon is replaced with **smoked chicken breast fillet**. Slice and toss through salad.



1. ROAST THE VEGETABLES

Set oven to 220°C. Halve potatoes and trim carrots. Drain olives. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



2. PREPARE THE SALAD

Bring a saucepan of water to boil (for step 3).

Flake apart salmon (see notes). Slice spring onions. Halve tomatoes. Set aside with spinach and rocket leaves.



3. BLANCH THE BEANS

Trim and halve beans. Add to boiling water for 1–2 minutes. Drain and rinse under cold water.



4. PREPARE THE DRESSING

Whisk together 1/2 crushed garlic clove with chopped dill fronds, **1/2 tbsp dijon mustard**, **1 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.



5. FINISH AND PLATE

Toss the roast vegetables with fresh salad, beans and dressing (see notes). Divide among bowls to serve.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

