



Product Spotlight: Harissa Paste



Made in Tasmania, Island Currie's harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten free and has no added preservatives or fillers.

Harissa Salmon

with Roasted Lemon Risoni

Salmon fillets rubbed with vibrant harissa paste, baked with cherry tomatoes and zucchini, served with risoni tossed with a roasted lemon dressing, and fresh dill.



30 minutes



2 servings



Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	13g	63g

FROM YOUR BOX

ZUCCHINI	1
LEMON	1
CHERRY TOMATOES	200g
RISONI	125g
SALMON FILLETS	1 packet
HARISSA PASTE	1 sachet
SHALLOT	1
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, honey

KEY UTENSILS

oven tray, saucepan

NOTES

Oven tray over-crowded with veggies? Use a second tray or oven dish for the salmon.

To make the dressing creamy, add some tahini or yoghurt.

No gluten option – risoni is replaced with quinoa. Cook quinoa in boiling water for 10–15 minutes until tender. Drain well. Increase dressing in step 5 to coat quinoa.



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1. ROAST THE VEGETABLES

Set oven to 220°C and bring a saucepan of water to a boil (see step 2).

Crescent zucchini and halve lemon. Toss on a lined oven tray with cherry tomatoes, **oil, salt and pepper**. Roast for 10 minutes (see step 3).



4. PREPARE THE TOPPINGS

Thinly slice shallot and toss with **2 tsp vinegar**. Finely chop dill.



2. COOK THE RISONI

Add risoni to saucepan of boiling water. Cook for 8–10 minutes until al dente. Drain and rinse with cold water.



5. TOSS THE RISONI

Add **2 tbsp olive oil, 1/2 tbsp vinegar, 1/2–1 tsp honey**, juice from roasted lemon, **salt and pepper** to reserved saucepan (see notes). Add risoni and toss to combine.



3. ROAST THE SALMON

Coat salmon with harissa paste and season with **salt and pepper**. Add to oven tray (see notes) with vegetables and roast for 10–12 minutes until cooked to your liking.



6. FINISH AND SERVE

Divide risoni and roasted vegetables among shallow bowls. Top with salmon, shallot and dill.

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