



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 Roast 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



4/6 servings



Fish

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	20g	61g

FROM YOUR BOX

	4 PERSON	6 PERSON
ZUCCHINI	1	1
LEMON	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
RISONI	250g	250g + 125g
SALMON FILLETS	2 packets	3 packets
HARISSA PASTE	2 sachets	2 sachets
SHALLOT	1	2
DILL	1 packet	2 packets

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 and dress as per instructions.



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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).

6P – halve and add both lemons.



4. PREPARE THE TOPPINGS

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

6P – thinly slice shallots and toss with 1 tbsp vinegar.



2. COOK THE RISONI

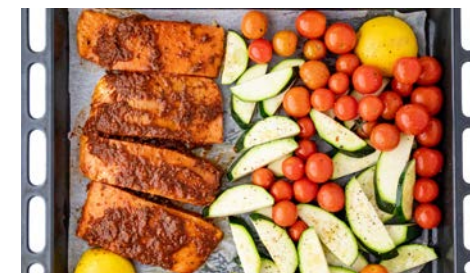
Add **risoni** to saucepan of boiling water. Cook for 8-10 minutes until al dente. Drain and rinse with cold water.



5. TOSS THE RISONI

Return **risoni** to saucepan. Add **3 tbsp olive oil, 1/2 tbsp vinegar, 1-2 tsp honey, juice from roasted lemon, salt and pepper**. Toss with **risoni** to combine.

6P – add 4 tbsp olive oil, 1 tbsp vinegar, 2 tsp honey, juice from roasted lemons, salt and pepper.



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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