




**Product Spotlight:
Broccoli**


Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



Potato Galette with Smoked Salmon and Dill Cream

Individual crispy potato galettes served with dill, lemon and garlic sour cream, smoked salmon, broccoli and fresh mesclun leaves.

 30 minutes

 4 servings

 Fish

Switch it up!

Feeling tired? Need a dinner hack to get it on the table with less prep time? Skip the galettes by thinly slice the potatoes, toss on a lined oven tray with oil, salt and pepper. Roast until golden and crispy, serve with dill cream, salmon and vegetables.

Per serve: **PROTEIN** 18g **TOTAL FAT** 11g **CARBOHYDRATES** 56g

FROM YOUR BOX

RED POTATOES	5
GARLIC CLOVES	2
LEMON	1
DILL	1 packet
SOUR CREAM	1 tub
BROCCOLI	1
MESCLUN LEAVES	120g
SMOKED SALMON	2 x 100g
CARAWAY SEEDS	10g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Use a food processor with grater attachment to speed up this process.

Caraway seeds can be substituted with fennel seeds, cumin seeds, mustard seeds, celery seeds or dried oregano.

1/2 cupfuls will make approximately 10 galettes.

You can leave the potatoes highly stacked in the pan which will give you high tower type galettes, or use a spatular to gently press into pan to flatten. Reduce time in oven to 5 minutes if flattening galettes.



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1. PREPARE THE POTATOES

Set oven to 220°C.

Grate **potatoes** (see notes). Add to a bowl and squeeze out any excess liquid. Season with **2 tsp caraway seeds, salt and pepper** (see notes). Toss to combine.



2. COOK THE GALETTES

Heat a large frypan over medium-high heat with **2 tbsp oil**. Add 1/2 cupfuls potato mix, in batches if necessary, to pan (see notes). Cook, covered, for 4 minutes. Remove cover, flip galettes and cook for 5 minutes until golden and crispy. Remove to lined oven tray and warm in oven for 10 minutes.



3. MAKE THE DILL CREAM

Crush **garlic**, zest **lemon** (reserve remaining lemon) and finely chop **dill**, including tender stems. Add dill, lemon zest and **1/2 garlic** (reserve remaining for step 4) to a bowl along with **sour cream** and **2 tbsp water**. Mix to combine and season to taste with **salt and pepper**.



4. COOK THE BROCCOLI

Reheat frypan over medium-high heat with **oil**. Chop **broccoli** into florets. Add to pan as you go along with reserved garlic. Cook for 2 minutes. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



5. DRESS THE MESCLUN LEAVES

Add **mesclun leaves** to a bowl. Squeeze in juice from 1/2 lemon (wedge remaining). Toss to combine.



6. FINISH AND SERVE

Divide galettes among plates. Spoon on dill cream and top with smoked salmon. Serve with broccoli, mesclun leaves and lemon wedges.

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