




### Product Spotlight: Green Tea


Rich in antioxidant, anti-carcinogen and anti-inflammatory properties. Green Tea may help to maintain the health of arteries and assist with concentration.



## 1 Green Tea Salmon

Salmon fillets cooked in green tea leaves, served with boiled potatoes, fresh vegetables, sesame seeds and chilli.

 30 minutes

 2 servings

 Fish

17 September 2021

## Switch it up!

*Instead of boiling your potatoes, roast them in the oven. Set the oven to 220°C. Halve the potatoes, toss in oil, salt and pepper. Roast on a lined oven tray for 20-25 minutes until golden and crispy.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 30g **CARBOHYDRATES** 52g

## FROM YOUR BOX

BABY POTATOES	500g
LIME	1
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (75g) *
BABY LEAVES+BEET	1/2 bag (90g) *
GREEN TEA BAG	1
SALMON FILLETS	1 packet
SESAME SEEDS	1 packet (20g)
RED CHILLI	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sugar (or sweetener of choice), 1 garlic clove

## KEY UTENSILS

large frypan, saucepan

## NOTES

For a milder chilli, remove the seeds before slicing.

**No fish option - salmon fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE POTATOES

Halve potatoes. Place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain potatoes and rinse in cold water.



### 2. MAKE THE DRESSING

Whisk together lime zest and 1 tbsp juice (wedge remaining) with **1 crushed garlic clove, 2 tbsp olive oil, 1/2 tsp sugar, salt and pepper.**



### 3. PREPARE VEGETABLES

Deseed and slice cucumber. Trim and thinly slice snow peas. Set aside with baby leaves + beet.



### 4. COOK THE SALMON

Heat a frypan over medium-high heat with **oil**. Sprinkle contents of tea bag onto a plate. Season with **salt and pepper**. Roll salmon fillets in green tea mixture. Cook for 3-4 minutes each side until cooked through.



### 5. TOSS THE POTATOES

Toss potatoes, prepared vegetables, sesame seeds and dressing until well coated.



### 6. FINISH AND SERVE

Thinly slice chilli (see notes). Divide tossed vegetables among shallow bowls and flake salmon on top. Garnish with sliced chilli (to taste) and serve with lime wedges.

**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](mailto:hello@dinnertwist.com.au)

