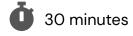


Green Tea Salmon

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





2 servings



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.

PROTEIN TOTAL FAT 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.

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