



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: RICOTTA

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



1. SEARED SALMON

WITH CRUSHED POTATOES & LEMON WHIPPED RICOTTA

 35 Minutes

 2 Servings

Crispy skin salmon on a bed of lemon greens and crushed baby potatoes, served with a zesty whipped ricotta sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47g	46g	32g

16 March 2020

FROM YOUR BOX

POTATOES	400g
LEMON	1
RICOTTA	1 tub (250g)
GARLIC	1 clove
BROCCOLINI	1 bunch
GREEN BEANS	1/2 bag (75g) *
SPRING ONIONS	1/4 bunch *
SALMON FILLETS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil or butter (for cooking + olive), salt, pepper, dried thyme

KEY UTENSILS

saucepan, frypan, stick mixer or blender

NOTES

Dried tarragon or oregano will also work well in the ricotta .

Any leftover whipped ricotta is great on roasted tomatoes or in sandwiches.

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. BOIL THE POTATOES

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



2. WHIP THE RICOTTA

Zest the lemon (reserve 1/2 for greens). Blend with 1/2 the lemon juice (wedge remaining), ricotta, 1 crushed garlic clove, **2 tbs olive oil** and **1/2 tsp dried thyme** (see notes) until smooth using a stick mixer. Season with **salt and pepper**. Set aside.



3. COOK THE GREENS

Trim broccolini and green beans. Slice spring onions into similar lengths. Add to a frypan over medium-high heat with **oil**. Cook for 3-4 minutes until tender. Take off heat, toss with reserved lemon zest, **salt and pepper**. Set aside.



4. COOK THE SALMON

Coat salmon with **oil, salt and pepper**. Reheat frypan over medium-high heat. Place salmon skin side down to cook for 4 minutes until crispy. Turn over and cook for 3-4 minutes or until cooked through. Take off heat.



5. CRUSH THE POTATOES

Reheat saucepan with potatoes to medium-high heat. Add **1 tbs oil or butter**. Lightly crush potatoes with a masher, season with **salt** and leave for 2-3 minutes to crisp up.



6. FINISH AND PLATE

Divide potatoes, greens and salmon among plates. Serve with whipped lemon ricotta and a lemon wedge.