



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Salmon Fillets

Salmon is a “super” fish with high levels of protein, omega-3 fatty acids and vitamin D. Omega-3 fatty acids reduce inflammation in your body and is great for brain function!



1 Romesco Pasta Salad with Salmon Fillets

A fresh home-made romesco sauce, tossed through gluten-free pasta and fresh vegetables, served with salmon fillets.

 25 minutes

 2 servings

 Fish

7 January 2022

Switch it up!

You can sauté the vegetables in the frypan before cooking the salmon if you prefer.

Per serve: **PROTEIN** 48g **TOTAL FAT** 52g **CARBOHYDRATES** 126g

FROM YOUR BOX

CASHEW MIXTURE	1 packet (55g)
RED CAPSICUM	1
SALMON FILLETS	1 packet
GREEN BEANS	1 packet (150g)
CHERRY TOMATOES	1 packet (200g)
BASIL	1 packet (20g)
PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

frypan, saucepan, kettle, stick mixer or small blender.

NOTES

You can toast the cashews in a frypan or grill the capsicum for extra flavour before blending to make the romesco.

The cashew mixture is made up of cashews and nutritional yeast.

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. MAKE ROMESCO SAUCE

Boil the kettle. Bring a saucepan of water to the boil.

Add cashew mix (see notes) to a jug along with 1/2 capsicum, roughly chopped. Pour over **1/4 cup hot water, 1/4 cup olive oil and 1 tsp vinegar**. Season with **salt and pepper**. Use a stick mixer to blend to a smooth consistency.



2. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon in **oil, salt and pepper**. Add to pan and cook for 3-4 minutes each side or until cooked to your liking.



3. PREPARE INGREDIENTS

Trim and slice green beans. Halve cherry tomatoes, slice remaining capsicum and basil leaves.



4. COOK THE PASTA

Add green beans and pasta to the boiling water. Cook for 2 minutes. Drain and rinse with cold water.



5. TOSS PASTA SALAD

Add pasta, green beans, cherry tomatoes, capsicum and romesco sauce to a large bowl. Toss until well combined. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta salad among shallow bowls. Serve with salmon fillets and garnish with sliced basil.

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**

