



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

 4 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** 38g **TOTAL FAT** 31g **CARBOHYDRATES** 49g

FROM YOUR BOX

BABY POTATOES	1kg
LIME	1
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
ASIAN GREENS	1 bunch
GREEN TEA BAGS	2
SALMON FILLETS	2 packets
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 juice with **1 crushed garlic clove, 1/3 cup olive oil, 1 tsp sugar, salt and pepper.**



3. PREPARE VEGETABLES

Halve, deseed and slice cucumber. Trim and thinly slice snow peas and Asian greens. Set aside.



4. COOK THE SALMON

Heat a frypan over medium-high heat with **oil**. Sprinkle contents of tea bags 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 half dressing until well coated.



6. FINISH AND SERVE

Thinly slice chilli (see notes). Divide tossed vegetables among shallow bowls and flake salmon on top. Drizzle over remaining dressing and garnish with sliced chilli (to taste).

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**

