



### Product Spotlight: Salmon

Salmon is an excellent source of many B vitamins. These are important as they give you energy, control inflammation, and protect your heart and brain!



## Roasted Salmon with Smashed Potatoes

Roasted salmon fillets and smashed golden baby potatoes served with green beans, lemon wedges and a smooth avocado basil sauce.



35 minutes



4 servings



Fish

## Make parcels

*Parboil and slice baby potatoes and arrange in a parcel with green beans, salmon fillet and a lemon slice. Top with a dollop of butter and bake in the oven for 15-20 minutes until cooked through.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	26g	48g

## FROM YOUR BOX

BABY POTATOES	800g
AVOCADO	1
LEMON	1
BASIL	20g
SALMON FILLETS	2 packets
GREEN BEANS	250g

## FROM YOUR PANTRY

oil for cooking, olive oil/butter salt, pepper

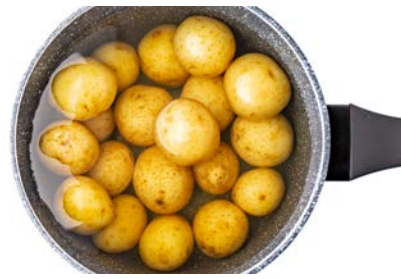
## KEY UTENSILS

saucepan, stick mixer, oven tray, oven dish

## NOTES

Serve salmon with boiled potatoes, mash or wedges if you prefer!

Add some seasoning to the salmon such as lemon pepper, fennel seeds or a slice of lemon.



### 1. BOIL THE POTATOES

Set oven to 220°C.

Place potatoes in a large saucepan of water (halve any larger ones). Bring to a boil and simmer for 12–15 minutes or until softened. Drain and see step 3, reserve pan for step 5.



### 2. MAKE THE AVOCADO SAUCE

Place avocado, **1/3 cup water** and juice from 1/2 lemon in a jug. Use a stick mixer to blend until smooth. Finely chop and stir through basil leaves, season to taste with **salt and pepper**.



### 3. ROAST THE POTATOES

Once potatoes are soft, arrange on a lined oven tray and squash using the base of a mug. Drizzle with **oil** and season with **salt and pepper**. Roast in the oven for 10–12 minutes or until golden and crispy.



### 4. ROAST THE SALMON

Arrange salmon fillets in a lined oven dish. Season with **salt and pepper** (see notes). Place in the oven and roast for 8–10 minutes or until cooked to your liking.



### 5. PREPARE THE BEANS

Trim beans and place in the reserved saucepan with **1/2 cup water**. Bring to a boil and simmer for 3 minutes or until cooked to your liking. Drain and toss with **olive oil (or butter), salt and pepper**.



### 6. FINISH AND SERVE

Serve smashed potatoes and roasted salmon with beans, avocado sauce and remaining lemon cut into wedges.



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