



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Corn

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!



E2 Superfood Salmon Croquettes with Corn Salsa

Hot smoked salmon croquettes made with super vegetables, served with a corn and cherry tomato salsa, and creamy dip.

 30 minutes

 2 servings

 Fish

3 June 2022

Make ahead!

If you have some spare time during the week, you can prep the croquettes ahead of time and store them in the fridge. Pan-fry them to serve, or bake in the oven at 200°C for 20-25 minutes until golden.

Per serve: **PROTEIN** 23g **TOTAL FAT** 31g **CARBOHYDRATES** 56g

FROM YOUR BOX

POTATOES	3
BROCCOLI	1 bunch
CORN COB	1
CHERRY TOMATOES	1 bag (200g)
LEMON	1
CHIVES	1 bunch
HOT SMOKED SALMON	1 packet
CREAMY DIP	50g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan, kettle

NOTES

If you want to use the whole broccoli, you could add in an extra potato and seasoning, and refrigerate or freeze any uncooked croquettes for another day.

If you have any leftover quinoa flakes, lupin crumb, panko, etc. use it to crumb your croquettes. Whisk 1 egg with 2 tbsp water in a bowl. Dip croquettes into egg mix then into leftover crumbs and cook following instructions.



1. BOIL THE VEGETABLES

Boil the kettle.

Roughly dice potatoes and roughly chop broccoli to taste (including stems). Add to a saucepan and cover with hot water. Bring to the boil and simmer for 10 minutes, or until soft. Drain and return to saucepan.



2. COOK THE CORN

Heat a large frypan over medium-high heat with **oil**. Remove corn kernels from cobs and halve cherry tomatoes. Add to pan as you go. Cook, stirring occasionally, for 5 minutes. Remove to a bowl and keep pan.



3. MAKE THE CROQUETTES

Zest lemon to yield 2 tsp and finely slice 1/2 the chives. Add to saucepan with vegetables. Use a potato masher or fork to roughly mash potatoes and broccoli. Flake in salmon. Season with **pepper** and mix to combine. Form into 4 oblong croquettes (see notes).



4. COOK THE CROQUETTES

Reheat reserved frypan over medium-high heat with **oil**. Add croquettes to pan and cook for 2-4 minutes each side until golden.



5. TOSS THE SALSA

Finely slice remaining chives. Add to a bowl with corn and squeeze over juice from 1/2 lemon. Add **2 tsp olive oil, salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Divide salsa and croquettes among plates. Serve with creamy dip.

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

