



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: GREEN BEANS

Looking for a significant boost of vitamin K and C? Then look no further than the humble green bean! In addition, it's also high in fibre and has excellent taste.



1. HONEY MUSTARD SALMON

WITH WARM POTATO SALAD

 35 Minutes

 2 Servings

Fresh and wholesome, yet warming — this baked salmon dish with warm potato salad is perfect for the unpredictable WA autumn weather.

18 May 2020

FROM YOUR BOX

BABY POTATOES	400g
CARROT	1
LEMON	1
SALMON FILLET (SKIN OFF)	1 packet
LEEK	1/2 *
THYME	1/2 packet *
CELERY STICK	1
GREEN BEANS	1/2 bag (75g) *
FESTIVAL LETTUCE	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, seeded mustard (or dijon), honey, 1 small garlic clove, mayonnaise

KEY UTENSILS

oven tray, small oven dish, frypan

NOTES

Instead of mayonnaise, you can add sour cream, natural yoghurt, cottage cheese, ricotta, or even just a 50/50 mix of lemon juice and olive oil.

No fish option - salmon fillets are replaced with chicken schnitzels. We recommend cooking chicken schnitzels in a frypan for 5-6 minutes on each side or until cooked through. Add sauce towards the end, or alternatively, serve as a dressing.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve potatoes and roughly chop carrot. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 20-25 minutes or until golden and tender.



2. WHISK THE SAUCE

Whisk to combine **1/2 tbsp honey, 1/2 tbsp mustard, 1 crushed garlic clove**, juice from 1/4 lemon, **1 tbsp olive oil, salt and pepper**.



3. BAKE THE SALMON

Lay the salmon in a lined ovenproof dish. Pour over the sauce and bake for 8-10 minutes or until cooked to your liking.



4. COOK THE BEANS

Heat a frypan with **oil/butter** over medium heat. Slice leek and pick thyme leaves. Add to pan and cook for 2-3 minutes. Dice celery, trim and roughly chop beans, add to pan as you go. Cook for further 3-4 minutes or until just tender, take off heat.



5. TOSS THE POTATO SALAD

Add roasted potatoes and carrots, **1-2 tbsp mayonnaise, salt and pepper** (see notes) to beans and toss to combine.



6. FINISH AND PLATE

Wash and roughly chop lettuce. Wedge remaining lemon.

Serve salmon with potato salad, lettuce and a lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

