L2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lupin Crumb

Lupin is a legume, not a grain, so it toasts to a golden, nutty crust on the salmon.

Lupin Crusted Salmon

with Roasted Potatoes and Chive Coleslaw

Fresh salmon fillets crusted in lupin crumbs, served with roasted potatoes and a chive coleslaw. The perfect nourishing and delicious solution for fish and chips!

35 minutes | 2 servings | Fish

Fish cakes!

You can make fish cakes with these ingredients. Dice potatoes, boil in water until soft, drain and mash. Chop salmon, mix with mashed potato, salt and pepper. Coat in lupin crumbs and cook in a frypan until golden on each side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	17g	39g

FROM YOUR BOX

MEDIUM POTATOES	3
CHIVES	1 bunch
NATURAL YOGHURT	1 tub
LUPIN CRUMBS	1 packet
SALMON FILLETS	1 packet
COLESLAW	250g

FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS

oven tray

NOTES

Add a crushed garlic clove to the sauce for extra flavour.

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1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes**. Add to a lined oven tray and toss with **oil, salt and pepper.** Roast for 15 minutes (see step 3).



2. MAKE THE SAUCE

Thinly slice **chives** (reserve some for garnish). Add to a bowl along with **yoghurt**, **2 tsp vinegar, salt and pepper** (see notes). Mix well.



3. ROAST THE SALMON

Arrange **lupin crumbs** on a plate. Coat **salmon** in **oil, salt and pepper.** Press into **lupin** to coat. Add to oven tray with **potatoes** and cook for a further 8-12 minutes, or until **salmon** is cooked to your liking.



4. TOSS THE COLESLAW

Add **coleslaw** to a large bowl with **1/2 the prepared sauce.** Toss until **coleslaw** is well coated.



5. FINISH AND SERVE

Divide **coleslaw** and **roasted potatoes** among plates. Serve with **crusted salmon fillets** and **remaining sauce**. Garnish with **reserved chives.**

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