

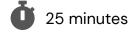




## **Caraway Salmon Fillets**

### with Grazing Platter

This caraway salmon and grazing platter is a dinner that has something for everyone! Tender boiled herby potatoes, vinegary beetroot, lemon ricotta and caraway salmon fillets.





2 servings



Fish

# Switch it up!

Toss the potatoes in oil and seasoning and roast them in the oven until golden and crispy to switch it up.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

47g 62g

72g

#### FROM YOUR BOX

MEDIUM POTATOES	2
LEMON	1
RICOTTA	1 tub
TINNED BEETROOT	450g
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
WATERCRESS	1 sleeve

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, caraway seeds, dried tarragon

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Boil kettle and cover the potatoes with hot water to speed up the cooking process.



#### 1. BOIL THE POTATOES

Roughly chop potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain and return to saucepan.



#### 2. PREPARE THE RICOTTA

Zest lemon (halve lemon and reserve). Add to a bowl along with ricotta, 1/2 tbsp olive oil, salt and pepper. Mix to combine.



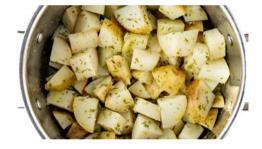
#### 3. DRESS THE BEETROOT

Add **2 tbsp olive oil** and juice from 1/2 lemon to a bowl. Wedge beetroot and add to bowl. Toss to combine. Season to taste with **salt and pepper**.



#### 4. COOK THE SALMON

Heat a frypan over medium-high heat with oil. Coat salmon with oil, 1 tsp caraway seeds, salt and pepper. Add to pan and cook for 2-4 minutes each side until cooked through.



#### **5. TOSS THE POTATOES**

Add 11/2 tbsp olive oil, 1 tsp tarragon and juice from remaining lemon to potatoes. Toss to combine and season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Dice cucumber and trim watercress.

Serve all of the elements tableside as a grazing platter.



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



