



Lemon Baked Salmon

with Mixed Bean Salad and Bread



20-30min



2 Portions

Fire up the barbie this Summer and enjoy perfectly cooked salmon flavoured with lemon and parsley. Baking salmon on the barbie means you eliminate any odours from the kitchen and it also means less washing up for you! The beautiful salmon is served with a satisfying bean salad drizzled with a white wine vinegar dressing and crusty bread to mop it all up!

What we send

- salmon fillet ⁴
- half baguette ¹
- lemon
- red radish
- borlotti beans
- parsley

What you'll require

- olive oil
- salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

- Colander
- foil
- peeler
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4), Sulphites (17).
May contain traces of other allergens.

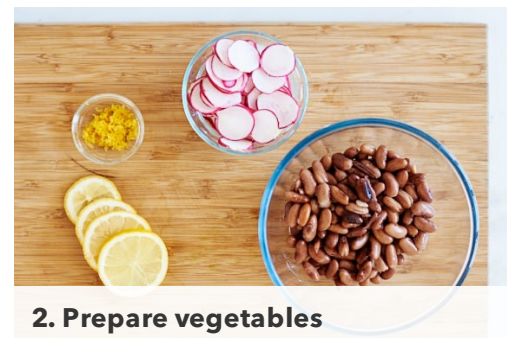
Nutrition per serving

Energy 670.0kcal, Fat 21.9g, Proteins 42.8g, Carbs 68.1g



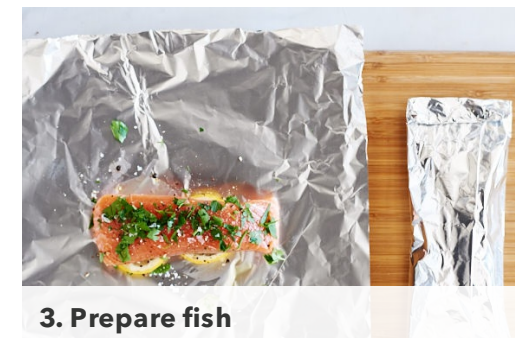
1. Prepare herbs and bread

Heat the BBQ or preheat the oven to 200C. Coarsely chop the **parsley** leaves and stems. Bake the **bread** for 8 mins or until golden brown.



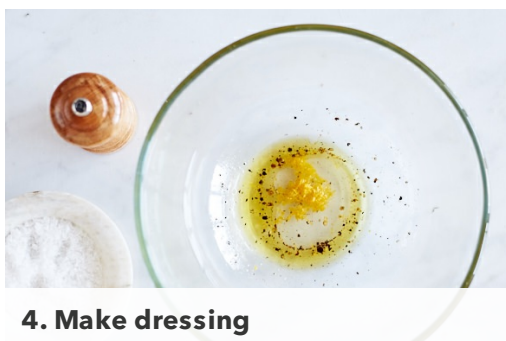
2. Prepare vegetables

Meanwhile, rinse and drain the **beans**. Halve the **radishes** and thinly slice. Zest half the **lemon** then cut the half into slices (reserve remaining half for another use).



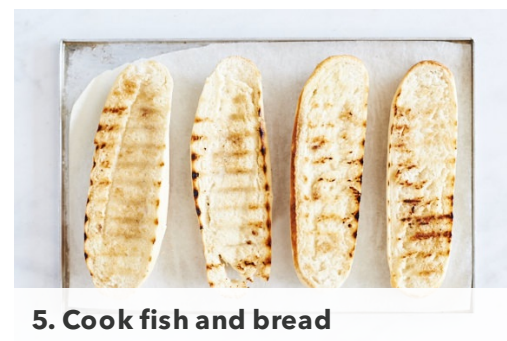
3. Prepare fish

Lay 2 large pieces of foil out in front of you. Lay half of the **lemon slices** on each and top with the **salmon fillet**. Sprinkle over half the **parsley**. Drizzle each with 1 tsp **oil** and season with **salt and pepper**. Bring the sides of the foil together so you have a closed parcel. Pinch edges to seal.



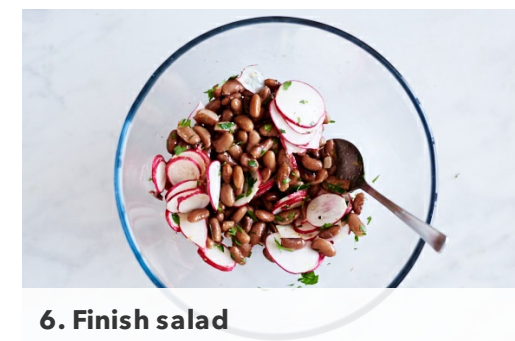
4. Make dressing

Combine 1 tsp **lemon zest**, 1 tbs **white wine vinegar**, a pinch **sugar**, 1 tbs **oil** and **salt and pepper** in a large bowl.



5. Cook fish and bread

If using the oven, place the parcels on a large baking tray and bake for 8-10 mins. For the BBQ, grill the parcels for 6-8 mins. Cooking time will depend on the BBQ heat. If you like, split the **bread** in half and lightly grill on the BBQ for a charred flavour.



6. Finish salad

Add the **radishes**, **beans** and remaining **parsley** to the **dressing**. Gently toss to combine. Serve the **salad** with the **baked salmon** and **crispy bread**.