



FAST

HEALTHY

Salmon and Potato Salad

with Capers and Parsley



20-30min



2 Portions

Taking inspiration from the traditional Scandinavian pairing of salmon and potato, here we have updated this classic to create a delicious summery salad. Cool, crunchy ribbons of zucchini and creamy chat potatoes are coated in a light vinaigrette with salty capers and fresh parsley. Warm flakes of salmon are folded through the salad to create a modern and healthy dinner solution.

What we send

- Tasmanian salmon fillet ⁴
- parsley, celery, spring onion
- red baby chat potato
- zucchini
- capers

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- medium frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

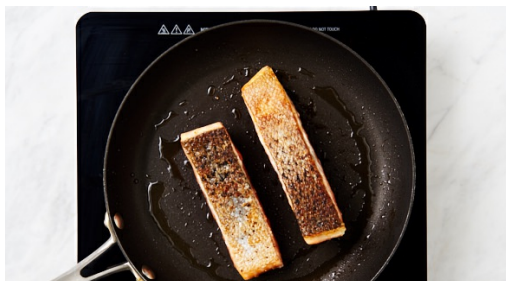
Nutrition per serving

Energy 575kcal, Fat 40.1g, Carbs 19.7g, Proteins 31.2g



1. Cook potatoes

Halve the unpeeled **potatoes**, or quarter if large. Put in a medium saucepan of cold water and bring to the boil. Reduce the heat to medium and simmer for 10-12 mins until tender. Drain.



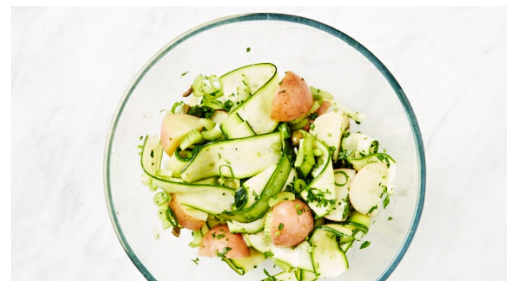
4. Cook salmon

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Season the **salmon** with **salt and pepper**, then cook for 3-4 mins each side or until cooked to your liking (cooking times may vary depending on fillet size). Remove from the pan.



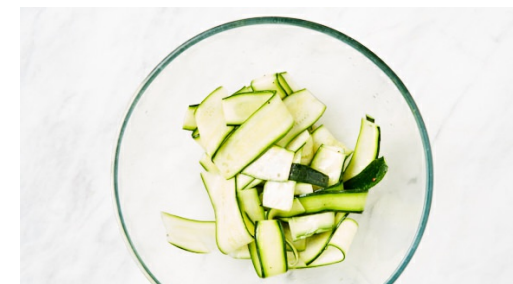
2. Make dressing

Meanwhile, put **1 tbs white wine vinegar** and **2 tbs extra virgin olive oil** in a large bowl. Season with **salt and pepper** and whisk to combine.



5. Make salad

Thinly slice the **spring onion** and **celery**. Finely chop the **parsley** leaves, including the stems. Coarsely chop the **capers**. Add the **potato, spring onion, celery, parsley** and **capers** to the **zucchini mixture** and toss to combine.



3. Make zucchini ribbons

Using a vegetable peeler, slice the **zucchini** lengthwise into ribbons. Add the zucchini to the **dressing** and toss to combine. Set aside to marinate.



6. Get ready to serve

Coarsely flake the **salmon**, discarding the skin. Gently stir the **salmon flakes** through the **salad**. Divide the **salad** among plates to serve.