



### Product Spotlight: Salmon


A "super" fish with high levels of protein, omega-3 fatty acids and vitamin D. Omega-3 fatty acids reduce inflammation in your body and are great for brain function!




## Salmon Tray Bake

### with Avocado Salsa

Lightly spiced salmon roasted on a tray with pumpkin and sweetcorn, served with a creamy avocado salsa tossed in a zesty lime yoghurt dressing.

 35 minutes

 2 servings

Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	31g	145g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CORN COB	1
LIME	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
AVOCADO	1
BABY COS LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika, maple syrup

## KEY UTENSILS

oven tray

## NOTES

We left the skin on for the pumpkin, but you can peel it if you prefer!

You can sweeten the dressing with a little maple syrup or other sweetener of choice if needed.



### 1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut pumpkin into pieces and corn into cobbettes. Toss on a lined oven tray with **oil, 1/2 tbsp cumin, 1/2 tbsp smoked paprika, salt and pepper**. Roast for 15–20 minutes until tender.



### 2. MAKE THE DRESSING

Zest and juice 1/2 lime (wedge remaining). Crush garlic clove. Whisk together in a bowl with yoghurt, season with **salt and pepper** (see notes).



### 3. COOK THE SALMON

Coat the salmon in **oil, 1 tsp smoked paprika, 1 tsp cumin, 1 tsp maple syrup, salt and pepper**. Add to oven tray with vegetables, or on a separate tray. Roast for 8–10 minutes or until cooked through.



### 4. PREPARE THE SALSA

Dice cucumber and avocado, slice lettuce leaves. Toss through half the yoghurt dressing until well coated.



### 5. FINISH AND SERVE

Serve salmon and roast vegetables with creamy avocado salsa. Add lime wedges and finish with remaining dressing.



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