

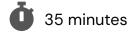




# Salmon Tray Bake

# 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.





2 servings



# Switch it up!

Instead of roasting the corn, you could remove the kernels from the cob and toss through the salsa. Then serve everything with some tortillas.

# **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 (use to taste, see notes) 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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