



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

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	35g	33g

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.



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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.



4. PREPARE THE SALSA

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



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).



5. FINISH AND SERVE

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



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.

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**

