



### 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



4/6 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
	34g	25g	37g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
CORN COBS	2	2
LIME	1	2
GARLIC CLOVE	1	1
NATURAL YOGHURT	1 tub	2 tubs
SALMON FILLETS	2 packets	3 packets
LEBANESE CUCUMBER	1	2
AVOCADO	1	2
BABY COS LETTUCE	1	2

## 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 cobettes. Toss on a lined oven tray with **oil, 1/2 - 1 tbsp cumin, 1/2 - 1 tbsp smoked paprika, salt and pepper**. Roast for 20-25 minutes until golden and tender.

6P - use pumpkin to taste, depending on size.



### 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).

6P - zest and juice 1 lime (wedge remaining).



### 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, 2 tsp smoked paprika, 2 tsp cumin, 2 tsp maple syrup, salt and pepper**. Place on a lined oven tray and roast for 8-10 minutes or until cooked through.

6P - coat the salmon in oil, 3 tsp smoked paprika, 3 tsp cumin, 3 tsp maple syrup, salt and pepper.



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