



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 servings

Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	21g	79g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CORN COBS	2
LIME	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	2 packets
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 20-25 minutes until golden and 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, 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.



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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