



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Baked Salmon Pasta with Cherry Tomatoes

Oven-baked salmon and juicy cherry tomatoes tossed through bow tie pasta and finished with fresh dill and lemon. A quick recipe to prepare and a dinner the whole family will love!



30 minutes



4/6 servings



Fish

Add some feta!

Add a block of feta to bake with the tomatoes for a creamy sauce. Stir the feta with the tomatoes at step 4 to create the sauce. Toss through the pasta.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g/39g	17g	46g/35g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
BROCCOLI	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	2	3
SALMON FILLETS	2 packets	3 packets
LEMON	1	1
DILL	1 packet	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs, ground paprika, balsamic vinegar

KEY UTENSILS

large saucepan, oven dish

NOTES

Use a steamer basket if you have one to steam the broccoli on top of the pasta.

Leave salmon fillets whole and serve alongside the pasta if you prefer.

No gluten option – pasta is replaced with GF pasta.



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1. COOK PASTA & BROCCOLI

Set the oven to 220°C.

Bring a large saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Cut **broccoli** into florets and add to water for the last 3 minutes (see notes). Drain, rinse and separate **broccoli** from **pasta**.



4. MAKE THE SAUCE

Zest **lemon** and chop **dill**.

Remove the dish from the oven. Gently squash the **tomatoes** and break up **salmon** (see notes). Add **lemon zest, juice from 1/2 lemon and dill** (reserve some for garnish).



2. BAKE THE TOMATOES

Meanwhile, arrange **tomatoes** in a lined oven dish with **crushed garlic, 1/4 cup olive oil, 1 tbsp balsamic vinegar, 2 tsp Italian herbs, 1 tsp ground paprika, salt and pepper**. Toss until well combined and place in the oven to bake for 10 minutes.

6P – use **1/3 cup olive oil, 2 tbsp balsamic vinegar, 3 tsp Italian herbs & 2 tsp ground paprika**.



5. TOSS IT ALL TOGETHER

Gently toss together the **cooked pasta** with **salmon, tomatoes** and **sauce** from the dish. Adjust seasoning with **salt and pepper** to taste.



3. ADD THE SALMON

Season **salmon fillets** with **1–2 tsp Italian herbs, salt and pepper**.

After 10 minutes, remove the **tomatoes** from the oven. Place **salmon fillets** in the middle and bake for further 8–10 minutes.



6. FINISH AND SERVE

Serve **salmon pasta** at the table with a side of **broccoli** and **remaining lemon** cut into wedges. Sprinkle over any **reserved lemon zest** and **dill**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

