



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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!



1 Salmon Tray Bake with Avocado Salsa

Roasted vegetables and salmon fillets served with avocado salsa in a zesty yoghurt dressing.

 35 mins

 2 servings

 Fish

19 November 2021

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 |
| NATURAL YOGHURT | 1/3 tub * |
| SALMON FILLETS | 1 packet |
| AVOCADO | 1 |
| GEM LETTUCE | 1 |
| CORIANDER | 1/2 packet * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika, 1 garlic clove, maple syrup

KEY UTENSILS

oven tray

NOTES

You can sweeten the dressing with a little maple syrup or other sweetener of choice if needed.

If preferred, leave the coriander out of the salsa and use to sprinkle over the top.

No fish option - salmon fillets are replaced with chicken schnitzels. Heat a frypan over medium-high heat. Rub chicken with spices and cook for 4-5 minutes on each side or until cooked through.



1. PREPARE TRAY BAKE

Set oven to 220°C.

Cut pumpkin into pieces (use to taste) and quarter corn cob. Toss on a lined oven tray with **oil, 1 tsp cumin, 1 tsp smoked paprika, salt and pepper**. Roast for 15-20 minutes (see step 3) until tender.



4. PREPARE THE SALSA

Dice avocado. Roughly chop the lettuce and coriander (see notes). Toss through 2 tbsp of yoghurt dressing until well coated.



2. MAKE THE DRESSING

Zest and juice half the lime (wedge remaining). Crush **garlic clove**. Whisk together in a bowl with yoghurt, season with **salt and pepper** (see notes).



5. FINISH AND SERVE

Divide salmon and roast vegetables among plates. Top with salsa. Serve with lime wedges and remaining dressing.



3. COOK THE SALMON

Coat the salmon in **oil, 1 tsp 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

