



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

 4 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 COBS         | 2            |
| LIME              | 1            |
| NATURAL YOGHURT   | 1/3 tub *    |
| SALMON FILLETS    | 2 packets    |
| LEBANESE CUCUMBER | 1            |
| AVOCADO           | 1            |
| CORIANDER         | 1/2 packet * |
| GEM LETTUCE       | 1            |

*\*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

2 oven trays

## NOTES

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

If you want to avoid extra dishes, add the salmon on top of the vegetables to roast.

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 schnitzels 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 and quarter corn cobs. 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. Roughly chop coriander (see notes) and lettuce. Toss through half the 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, 2 tsp paprika, 2 tsp cumin, 2 tsp maple syrup, salt and pepper**. Place on a lined oven tray (see notes) and 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**

