





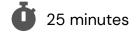
Product Spotlight: Salmon

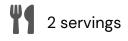
Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It's also packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



Salmon Super Food Platter

Roasted sweet potatoes and broccoli served platter style with salmon fillets, fresh veggies and a punchy jalapeño relish.







Use up the relish!

The jalapeño relish can have a bit of a kick. If you want to make it milder in flavour, mix it with some natural yoghurt, olive oil, or blend with avocado and water. Use any leftover relish in toasties or on a cheese board.

TOTAL FAT CARBOHYDRATES

38g

73g

FROM YOUR BOX

SWEET POTATOES	400g
BROCCOLINI	1 bunch
SALMON FILLETS	1 packet
JALAPENO RELISH	1 jar
AVOCADO	1
ALFALFA SPROUTS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

2 oven trays

NOTES

If you want to save on dishes, roast the broccolini and salmon on the same oven tray as the sweet potato.

You can thin out the relish with 1-2 tbsp water if preferred.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge sweet potatoes. Toss on a lined oven tray with oil, 2 tsp coriander, salt and pepper. Roast for 15-20 minutes until vegetables are tender.



2. ROAST THE SALMON

Cut broccolini. Add to second lined oven tray along with salmon. Coat in 1/2 tbsp relish, oil, salt and pepper. Roast for 8-10 minutes or until cooked to your liking.



3. PREPARE FRESH VEG

Slice avocado. Set aside with sprouts.



4. FINISH AND SERVE

Arrange roasted vegetables on a platter. Top with fresh vegetables, flake over salmon and drizzle over jalapeño relish to taste (see notes).





