

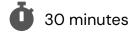


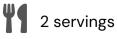


Chimichurri Salmon

with Roasted Vegetables

Salmon fillets roasted with home-made chimichurri sauce, served with roasted vegetables and fresh watercress. This dish is low in prep time, and once it's in the oven, the heavy lifting is done, perfect after a busy day.







Fish

Spice it down!

To spice it down, remove the seeds from the inside of the chilli or omit the chilli from the chimichurri and slice it to serve fresh.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 39g

39g

44g

FROM YOUR BOX

SWEET POTATOES	400g
CHERRY TOMATOES	200g
PARSLEY	1 packet
GARLIC CLOVE	1
RED CHILLI	1
SALMON FILLETS	1 packet
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, red wine vinegar

KEY UTENSILS

2 oven trays

NOTES

Add salmon to oven tray with vegetables if you have space. Alternatively, you can pan-fry the salmon over medium-high heat for 2-4 minutes each side until cooked to your liking.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop sweet potatoes. Toss on a lined oven tray along with cherry tomatoes, oil, salt and pepper. Roast for 20-25 minutes.



2. MAKE THE CHIMICHURRI

Finely chop parsley, crush garlic and finely dice chilli. Add to a bowl along with 1 tbsp oregano, 1/2 tbsp water, 3 tbsp olive oil, 2 tbsp vinegar, salt and pepper. Mix to combine.



3. ROAST THE SALMON

Season salmon with salt. Add 1 tsp chimichurri to each fillet. Add to a second lined oven tray. Roast for 8-10 minutes until cooked to your liking (see notes).



4. FINISH AND SERVE

Add salmon and watercress. Serve with remaining chimichurri.

