



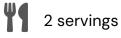


Salmon Tray Bake

with Avocado Salsa

Lightly spiced salmon roasted with sweet potato and corn, served with a creamy avocado salsa tossed in a zesty lime yoghurt sauce.







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.

TOTAL FAT CARBOHYDRATES

29g

56g

FROM YOUR BOX

SWEET POTATOES	400g
CORN COB	1
LIME	1
GARLIC CLOVE	1
GREEK YOGHURT	1 tub
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika

KEY UTENSILS

2 oven trays

NOTES

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



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut sweet potatoes into pieces and quarter corn cobs. Toss on a lined oven tray with **oil**, **1 tsp cumin**, **salt and pepper**. Roast for 15–20 minutes (see step 3) until tender.



2. MAKE THE SAUCE

Zest lime and juice half (wedge remaining). Add to a bowl along with crushed garlic, yoghurt, salt and pepper. Mix to combine.



3. COOK THE SALMON

Coat the salmon in oil, 1 tsp paprika, 1 tsp cumin, salt and pepper. Place on a lined oven tray (see notes) and roast for 8-10 minutes or until cooked through.



4. PREPARE THE SALSA

Dice cucumber and avocado. Reserve some coriander leaves for garnish and roughly chop remaining (including stems and roots). Add to a bowl along with 1/2 yoghurt sauce. Mix to combine and season to taste with salt and pepper.



5. FINISH AND PLATE

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

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



