

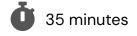


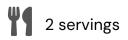


# **Smokey Sweet Potato Traybake**

# with Salmon

Sweet potato, cherry tomatoes and olives baked with smoked paprika, honey and balsamic vinegar. Served with salmon fillets and dressed rocket leaves.







# Change the cuisine!

Roast the veggies and salmon with red curry paste and coconut milk instead for a Thai style dish! Omit the olives and cook as per recipe instructions. Garnish with coriander and red chilli.

TOTAL FAT CARBOHYDRATES

50g

#### **FROM YOUR BOX**

SWEET POTATOES	400g
RED ONION	1
CHERRY TOMATOES	200g
GREEN OLIVES	1 jar
SALMON FILLETS	1 packet
ROCKET LEAVES	120g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey (or maple syrup)

#### **KEY UTENSILS**

oven dish

#### **NOTES**

Add some flavour to the salmon such as fennel seeds, cumin seeds or fresh thyme.

If your salmon pieces have a thin end, tuck it under to cook more evenly.



#### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Roughly chop sweet potatoes and wedge red onion. Toss in a lined oven dish with cherry tomatoes and drained olives.



#### 2. ADD THE SEASONING

Toss to coat the vegetables with 2 tsp smoked paprika, 2 tsp honey, 2 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper. Bake in the oven for 20-25 minutes, or until sweet potato is almost cooked. See step 3.



#### 3. ADD THE SALMON

Rub salmon fillets with **oil** and season with **salt and pepper.** Remove dish from the oven and add salmon fillets on top (see notes). Return to oven for 8 minutes or until salmon is cooked to your liking.



### 4. DRESS THE ROCKET

Just before serving, whisk together 1 tbsp balsamic vinegar and 1 tbsp olive oil. Toss with rocket leaves.



## 5. FINISH AND SERVE

Serve salmon traybake with a side of rocket leaves.







