



Product Spotlight: Rocket Leaves

Rocket has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred through risottos and warm salads too.



Smoky Salmon Traybake with Rocket Chimichurri

This vibrant one-pan dish features smoky roasted salmon with golden sweet potatoes, zucchini, and yellow capsicum. Topped with a bold rocket chimichurri, it's a fresh and fuss-free dinner.



40 minutes



2 servings



Fish

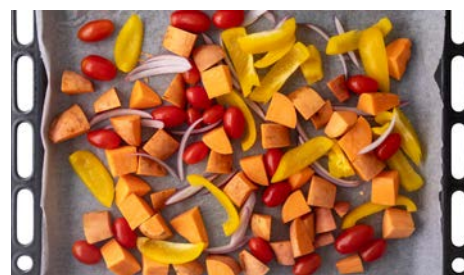
Change the dressing!

Stir some mayonnaise or yoghurt through the dressing for a creamier finish. You can serve the rocket leaves fresh instead and use a chopped fresh herb such as basil, mint or coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	20g	30g

FROM YOUR BOX

SWEET POTATOES	400g
YELLOW CAPSICUM	1
SHALLOT	1
CHERRY TOMATOES	200g
SUMAC SPICE MIX	1 packet
ROCKET LEAVES	60g
GARLIC CLOVE	1
SALMON FILLETS	1 packet



1. PREPARE THE TRAYBAKE

Preheat oven to 220°C. Peel and dice **sweet potatoes** into 2cm pieces. Cut **yellow capsicum** into thick slices. Wedge **shallot**. Place all on a lined oven tray along with **tomatoes**.



2. ROAST THE TRAYBAKE

Drizzle vegetables with **1 tbsp olive oil**, season with **1/2 sumac spice mix**, **salt**, and **pepper**, and toss to coat. Roast for 20 minutes or until nearly tender.



3. MAKE ROCKET CHIMICHURRI

Meanwhile, finely chop **rocket** (see notes). In a small bowl, whisk together **2 tbsp red wine vinegar**, **2 tbsp olive oil**, **1/2 tsp chilli flakes**, **crushed garlic clove**, **salt**, and **pepper**. Stir in chopped rocket. Set aside.

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, chilli flakes (optional), red wine vinegar

KEY UTENSILS

large oven tray

NOTES

You can serve the rocket on the side if you prefer to not make the chimichurri. If you have fresh coriander or mint you could use it in the sauce instead of the rocket.

Sumac spice mix: sumac, smoked paprika, ground cumin, ground coriander.



4. ROAST THE SALMON

Rub **salmon fillets** with remaining sumac spice mix, **1/2 tbsp olive oil**, **salt**, and **pepper**. Add to the tray, nestling among the vegetables. Roast for **12–15 minutes**, or until salmon is cooked to your liking.



5. FINISH AND SERVE

Spoon the rocket chimichurri over the salmon before serving.



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