



### 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.



25 minutes



4 servings



Fish

### 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	30g	56g

## FROM YOUR BOX

SWEET POTATOES	800g
BROCCOLI	1
JALAPENO RELISH	1 jar
SALMON FILLETS	2 packets
AVOCADOS	2
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 and cut broccoli into florets. Toss on a lined oven tray with **oil, 1 tbsp coriander, salt and pepper**. Roast for 15-20 minutes until vegetables are tender.



### 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).



### 2. ROAST THE SALMON

Coat salmon in 1 tbsp relish, **oil, salt and pepper**. Add to second lined oven tray and roast for 8-10 minutes or until cooked to your liking.



### 3. PREPARE FRESH VEG

Slice avocados. Set aside with sprouts.



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