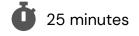
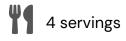


# Salmon Super Food Platter

Roasted sweet potatoes and broccoli served platter style with salmon fillets, fresh veggies and a punchy jalapeño relish.







# 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.



### 2. ROAST THE SALMON

Coat salmon in <u>1 tbsp relish</u>, 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.



# 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).



