



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Salmon Parcels with Sun-Dried Tomato Pesto

Salmon fillets cooked in parcels with home-made sun dried tomato pesto, served over nutty brown rice with roasted Mediterranean vegetables.



30 minutes



4 servings



Fish

Switch it up!

Add even amount of vegetables into the parcels to bake with the salmon.

Alternatively, skip the parcels and bake the salmon on the tray with the veggies and spoon over pesto to serve.

Per serve: **PROTEIN** 45g **TOTAL FAT** 19g **CARBOHYDRATES** 81g

FROM YOUR BOX

BROWN RICE	300g
SUN-DRIED TOMATOES	100g
ALMONDS	1 packet
GARLIC CLOVE	1
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	400g
SALMON FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, baking paper, red wine vinegar

KEY UTENSILS

saucepan, 2 oven trays, small blender (or stick mixer)

NOTES

Halve any larger cherry tomatoes.

If desired, add extra olive oil to pesto to drizzle over rice and veggies.

If you have some; garnish with fresh chopped herbs such as parsley, oregano or basil.



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1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



4. BAKE THE SALMON

Place 4 large sheets of **baking paper** on bench. Add salmon and spoon 2 tsp pesto onto each fillet. To wrap, bring long sides of paper together, fold over and tuck the short sides underneath the parcel to seal. Bake for 15–20 minutes until fish is cooked to your liking.



1. MAKE THE PESTO

Add sun-dried tomatoes, almonds, roughly chopped garlic, **3 tbsp olive oil, 1 tbsp vinegar, salt and pepper** to a blender. Blend to make pesto.



5. FINISH AND SERVE

Divide brown rice among shallow bowls. Serve with roasted vegetables, salmon parcels and remaining pesto (see notes).



3. PREPARE THE TRAY BAKE

Cut zucchini into angular pieces and wedge onion. Toss on a lined oven tray with cherry tomatoes (see notes), **oil, 3 tsp lemon pepper, salt and pepper**. Roast for 20 minutes until veggies are tender.

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