



### 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	TOTAL FAT	CARBOHYDRATES
	27g	44g	44g

## FROM YOUR BOX

BROWN RICE	300g
SUN-DRIED TOMATOES	100g
ALMONDS	1 packet
GARLIC CLOVE	1
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	2 x 200g
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 20 minutes, or until tender. Drain and rinse.



### 4. BAKE THE SALMON

Place **4 large sheets of baking paper** on the bench. Add a **salmon fillet** to each, top with **2 tsp pesto**, and fold the paper to form parcels (fold long sides together, tuck short sides underneath). Bake for 15–20 minutes, until the fish is cooked to your liking.



### 2. MAKE THE PESTO

Place **sun-dried tomatoes, almonds, chopped garlic, 3 tbsp olive oil, 1 tbsp vinegar, salt and pepper** in a blender or use a stick mixer. Blend until you have a smooth 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 **red onion**. Toss on a lined oven tray with **cherry tomatoes** (see notes), **oil, 3 tsp lemon pepper, salt and pepper**. Roast for 20 minutes or until veggies are tender.

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