



### Product Spotlight: Salmon

A "super" fish with high levels of protein, omega-3 fatty acids and vitamin D. Omega-3 fatty acids reduce inflammation in your body and are great for brain function!



## Salmon Tray Bake

### with Avocado Salsa

Lightly spiced salmon roasted with sweet potato and corn, served with a creamy avocado salsa tossed in a zesty lime yoghurt sauce.



35 mins



4 servings



Fish

## Switch it up!

*Instead of roasting the corn, you could remove the kernels from the cob and toss through the salsa. Then serve everything with some tortillas.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 20g **CARBOHYDRATES** 49g

## FROM YOUR BOX

SWEET POTATOES	800g
CORN COBS	2
LIME	1
GARLIC CLOVE	1
GREEK YOGHURT	1 tub
SALMON FILLETS	2 packets
LEBANESE CUCUMBERS	2
AVOCADO	1
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika

## KEY UTENSILS

2 oven trays

## NOTES

If you want to avoid extra dishes, add the salmon on top of the vegetables and roast.



### 1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Cut sweet potatoes into pieces and quarter corn cobs. Toss on a lined oven tray with **oil, 1/2 tbsp cumin, salt and pepper**. Roast for 15–20 minutes until tender.



### 4. PREPARE THE SALSA

Dice cucumber and avocado. Reserve some coriander leaves for garnish and roughly chop remaining (including stems and roots). Add to a bowl along with 1/2 yoghurt sauce. Mix to combine and season to taste with **salt and pepper**.



### 2. MAKE THE SAUCE

Zest lime and juice half (wedge remaining). Add to a bowl along with crushed garlic, yoghurt, **salt and pepper**. Mix to combine.



### 5. FINISH AND PLATE

Divide salmon and roast vegetables among plates. Top with salsa. Serve with lime wedges and remaining sauce.



### 3. COOK THE SALMON

Coat the salmon in **oil, 2 tsp paprika, 2 tsp cumin, salt and pepper**. Place on a lined oven tray (see notes) and roast for 8–10 minutes or until cooked through.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

