




Product Spotlight: Sweet Potato


Sweet potato isn't just for use in savoury dishes; due to its natural sweetness, you can add it to muffins, brownies or cakes!



Smokey Sweet Potato Traybake with Salmon

Sweet potato, cherry tomatoes and olives baked with smoked paprika, honey and balsamic vinegar. Served with salmon fillets and dressed rocket leaves.

 35 minutes

 4 servings

 Fish

Change the cuisine!

Roast the veggies and salmon with red curry paste and coconut milk instead for a Thai style dish! Omit the olives and cook as per recipe instructions. Garnish with coriander and red chilli.

Per serve: **PROTEIN** 37g **TOTAL FAT** 32g **CARBOHYDRATES** 44g

FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
CHERRY TOMATOES	2 x 200g
GREEN OLIVES	1 jar
SALMON FILLETS	2 packets
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey (or maple syrup)

KEY UTENSILS

oven dish

NOTES

Add some flavour to the salmon such as fennel seeds, cumin seeds or fresh thyme.

If your salmon pieces have a thin end, tuck it under to cook more evenly.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Roughly chop sweet potatoes and wedge red onion. Toss in a lined oven dish with cherry tomatoes and drained olives.



2. ADD THE SEASONING

Toss to coat the vegetables with **1 tbsp honey, 1 tbsp smoked paprika, 1/4 cup balsamic vinegar, 1/4 cup olive oil, salt and pepper**. Bake in the oven for 20–25 minutes, or until sweet potato is almost cooked. See step 3.



3. ADD THE SALMON

Rub salmon fillets with **oil** and season with **salt and pepper**. Remove dish from the oven and add salmon fillets on top (see notes). Return to oven for 8 minutes or until salmon is cooked to your liking.



4. DRESS THE ROCKET

Just before serving, whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil**. Toss with rocket leaves.



5. FINISH AND SERVE

Serve salmon traybake with a side of rocket leaves.



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