



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 is great for brain function!

1 Salmon Tray Bake with Avocado Salsa

Roasted vegetables and salmon fillets served with avocado salsa in a zesty yoghurt dressing.

35 mins

2 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.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CORN COB	1
LIME	1
GARLIC	1 clove
NATURAL YOGHURT	1/2 tub (100ml) *
SALMON FILLETS	1 packet
GREEN CAPSICUM	1/2 *
AVOCADO	1
CORIANDER	1/2 packet *

*Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray

NOTES

No fish option - salmon fillets are replaced with chicken schnitzels. Heat a frypan over medium-high heat and cook for 4-5 minutes on each side or until cooked through.



1. PREPARE TRAY BAKE

Set oven to 220°C.

Cut pumpkin into pieces and quarter corn cobs. Toss on a lined oven tray with **oil, 1 tsp cumin, salt and pepper**. Roast for 15-20 minutes (see step 3) until tender.



2. MAKE THE DRESSING

Zest and juice half the lime (wedge remaining). Crush garlic clove. Whisk together in a bowl with yoghurt, season with **salt and pepper**.



3. COOK THE SALMON

Coat the salmon in **oil, 1 tsp paprika, 1 tsp cumin, salt and pepper**. Add to oven tray with vegetables, or on a separate tray. Roast for 8-10 minutes or until cooked through.



4. PREPARE THE SALSA

Dice capsicum and avocado. Roughly chop the coriander. Toss through 2 tbsp of yoghurt dressing until well coated.



5. FINISH AND PLATE

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

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**

