




### 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

13 August 2021

## 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** 37g **TOTAL FAT** 22g **CARBOHYDRATES** 47g

## 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**

