



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

 4 servings

 Fish

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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** 38g **TOTAL FAT** 17g **CARBOHYDRATES** 51g

FROM YOUR BOX

SWEET POTATOES	800g
CORN COBS	2
LIME	1
GARLIC	1 clove
NATURAL YOGHURT	1/2 tub (250ml) *
SALMON FILLETS	2 packets
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1/2 packet *
BABY COS LETTUCE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, 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.

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 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. Roughly chop coriander and lettuce. Toss through half the yoghurt dressing until well coated.



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**.



5. FINISH AND PLATE

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



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**

