




Product Spotlight: Lemon


When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Baked Salmon Pasta with Cherry Tomatoes

Oven-baked salmon and juicy cherry tomatoes tossed through bow tie pasta and finished with fresh dill and lemon. A quick recipe to prepare and a dinner the whole family will love!

 30 minutes

 4 servings

 Fish

Add some feta!

Add a block of feta to bake with the tomatoes for a creamy sauce. Stir the feta with the tomatoes at step 4 to create the sauce. Toss through the pasta.

Per serve: **PROTEIN** 41g **TOTAL FAT** 12g **CARBOHYDRATES** 51g

FROM YOUR BOX

SHORT PASTA	500g
BROCCOLI	1
CHERRY TOMATOES	2 x 200g
GARLIC CLOVES	2
SALMON FILLETS	2 packets
LEMON	1
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs, ground paprika, balsamic vinegar

KEY UTENSILS

large saucepan, oven dish

NOTES

Use a steamer basket if you have one to steam the broccoli on top of the pasta.

Leave salmon fillets whole and serve alongside the pasta if you prefer.

No gluten option - pasta is replaced with GF pasta.



1. COOK PASTA & BROCCOLI

Set the oven to 220°C.

Bring a large saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Cut broccoli into florets and add to water for the last 3 minutes (see notes). Drain, rinse and separate broccoli from pasta.



2. BAKE THE TOMATOES

Meanwhile, arrange tomatoes in a lined oven dish with crushed garlic, **1/4 cup olive oil, 1 tbsp balsamic vinegar, 2 tsp Italian herbs, 1 tsp ground paprika, salt and pepper**. Toss until well combined and place in the oven to bake for 10 minutes.



3. ADD THE SALMON

Season salmon fillets with **1 tsp Italian herbs, salt and pepper**.

After 10 minutes, remove the tomatoes from the oven. Place salmon fillets in the middle and bake for further 8-10 minutes.



4. MAKE THE SAUCE

Zest lemon and chop dill.

Remove the dish from the oven. Gently squash the tomatoes and break up salmon (see notes). Add lemon zest, juice from 1/2 lemon and dill (reserve some for garnish).



5. TOSS IT ALL TOGETHER

Gently toss together the cooked pasta with salmon, tomatoes and sauce from the dish. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve salmon pasta at the table with a side of broccoli and remaining lemon cut into wedges. Sprinkle over any reserved lemon zest and dill.



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