

# DINNERLY



## Hey Pesto! Roasted Salmon Fillets with Sweet Potato and Spinach Salad



30 minutes



2 Servings

Salmon meets pesto and lives happily ever after in this scrumptious PLUS recipe! Complemented by rounds of golden roast sweet potato and a spinach and roasted onion salad, it strikes all the right flavour notes for the lush, Tassie salmon. With herby, nutty, sweet and tangy touches, it's a swish fish dish that has it all.

### WHAT WE SEND

- 2 small sweet potatoes
- 1 red onion
- 2 Tasmanian salmon fillets <sup>1</sup>
- 50g basil pesto <sup>2,4</sup>
- 50g baby spinach leaves

### WHAT YOU NEED

- 2 tbs olive oil
- 2 tsp red or white wine vinegar <sup>3</sup>
- 1 tsp dijon mustard <sup>3</sup>

### TOOLS

- 2 oven trays
- baking paper

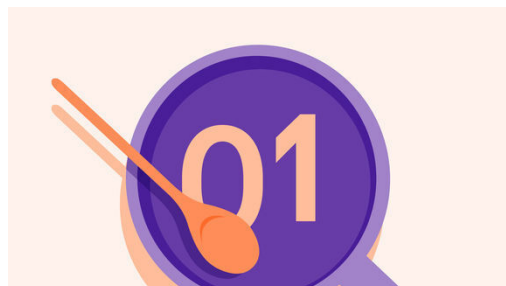
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Fish (1), Milk (2), Sulphites (3), Walnut (4).  
May contain traces of other allergens.

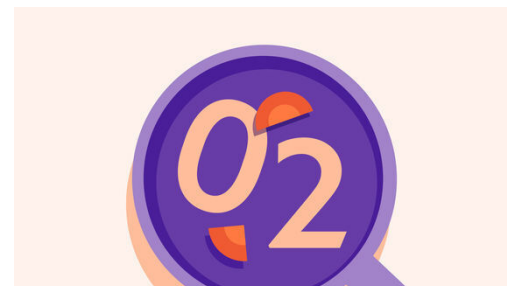
### NUTRITION PER SERVING

Energy 705kcal, Fat 49.2g, Carbs 31.9g,  
Protein 32.2g



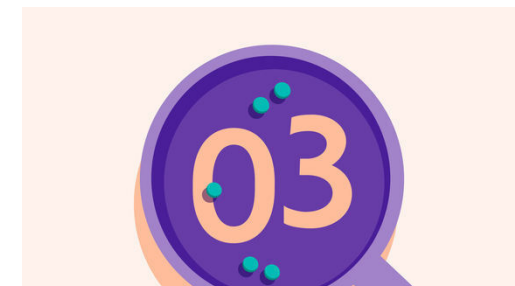
#### 1. Roast veggies

Preheat the oven to 200C, fan-forced. Line 2 oven trays with baking paper. Cut the **unpeeled sweet potatoes** into 2cm-thick slices. Cut the **onion** into wedges. Put the sweet potato and onion on a lined tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 25 mins or until golden.



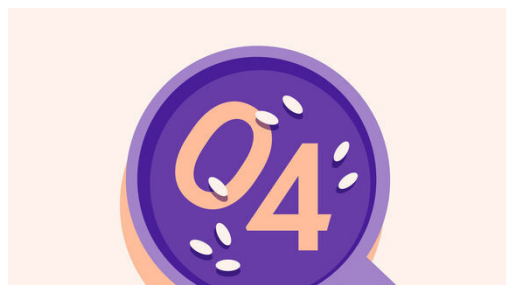
#### 2. Roast salmon

Meanwhile, put the **salmon** on the remaining lined tray (see Kitchen 101). Season with **salt and pepper**, then spread the **pesto** evenly over the top. Roast the salmon on the lower shelf for 6-8 mins until just cooked or cooked to your liking (the cooking time may vary depending on the thickness of the fillets).



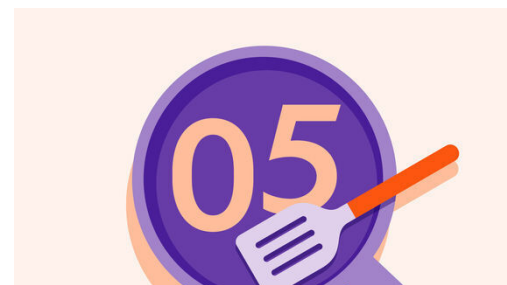
#### 3. Make dressing

While the salmon is roasting, combine **1½ tbs olive oil**, **2 tsp red wine vinegar** and **1 tsp dijon mustard** in a large bowl and season with **salt and pepper**.



#### 4. Toss salad

Add the **spinach** and **roasted onion** to the dressing. Season with **salt and pepper**, then gently toss to combine.



#### 5. Serve up

Divide the **salmon**, **sweet potato** and **spinach salad** among plates and enjoy!



#### 6. Kitchen 101

To make sure that the roast veggies and salmon are ready at the same time, add the tray of salmon to the oven once the veggies have been cooking for 18 mins.