

One tray salmon & veg bake

Serves: 4

Prep time: 5 mins

Cooking time: 15 mins



Ingredients

4 skinless salmon fillets (around 150g each)

1 bunch asparagus, woody ends removed

1 bunch broccolini, ends trimmed and halved lengthwise

1 cup cherry tomatoes, halved

1 tbsp olive oil

2 tbsp chopped dill (optional)

1 lemon, sliced into wedges, to serve

Step 1: Preheat oven to 180°C.

Step 2: Spray a large oven tray with oil. Arrange salmon fillets on tray, then the asparagus, broccolini and cherry tomatoes.

Step 3: Drizzle the oil over the salmon and vegetables and season with pepper. Bake for 12-15 minutes or until salmon is just cooked through.

Step 4: Sprinkle with the dill and serve with lemon wedges.

Serving suggestion: Serve with brown rice or baked potato or sweet potato wedges.

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