



Pesto Roasted Salmon

PESTO SALMON WITH MEDITERRANEAN ROASTED VEGETABLES SERVED WITH ARUGULA & OUR SIGNATURE SHALLOT, SULTANA & RED WINE VINEGAR DRESSING

★★★★★ 4.9

33 reviews

Oven or Stove top, Raw protein
8 minutes

Shelf-life: Day of delivery plus 5 days

480 calories per person
Serves 2

*Mediterranean, Gluten Free, Soya Free,
High in protein*

Suitable for home freezing

*To maximise freshness put the raw salmon
straight into the freezer on arrival. Defrost
when needed in a couple of minutes in the
microwave.*

HOW TO COOK

For best results oven cook

1. Preheat your oven to 400 F. Bring **red wine vinegar & sultana dressing** to room temp.
2. Place **Salmon and veggies** onto baking tray. Season and top salmon with pesto. Bake for 12-15 mins.
3. Serve salmon & veggies with **arugula** and dressing.

microwave

1. Bring **red wine vinegar & sultana dressing** to room temp.
2. Place **Veggies** in large microwaveable container, top with **salmon**. Season and top salmon with pesto.
3. Plastic wrap and microwave for 6-7 minutes until cooked.
4. Serve salmon & veggies with **arugula** and dressing.

Cooking tips:

For best results use a non-stick frying pan for the salmon stovetop instructions.

Our salmon fillets are hand-cut so cooking times may vary due to thickness. Cook to your liking using the below temperature guide: Pink: 125F, medium: 135F, well done: 145F

Bone warning: *All our fish is deboned, however sometimes a bone can be missed. We apologise if you are the lucky one who finds a bone.*

INGREDIENTS

Salmon (Faroe Island farmed), Tomato, Red bell pepper, Yellow bell pepper, Red onion, Zucchini, Arugula, Basil pesto, Olive oil, Extra virgin olive oil, Red wine vinegar, Garlic, Sultanas, Honey, Shallot, Dijon mustard, Lemon, Oregano, Thyme, Salt, Black pepper

Allergens: Fish, Milk, Treenuts

Contains: Mustard

NUTRITION FACTS

Calories 480, Fat 31g, Saturated Fat 5g, Carbohydrates 18g, Protein 33g, Fibre 4g, Sodium 290mg