



50 mins

Allergens



FISH



SOYA

### Utensils



Vegetable peeler



Casserole dish



Chopping board and sharp knife



Measuring jug



Oven gloves

### You will need...



1 boneless salmon fillet



1 fist size sweet potato



1/2 a broccoli



1 tsp olive oil



1/2 a vegetable oxa cube



salt & pepper

**1** Pre-heat the oven to 180 degrees



**2** Peel the sweet potato and Chop into thin rounds



**3** In a small casserole dish, arrange the slices so they overlap slightly



**4** Boil the kettle. Add 150ml boiling water to the stock cube and mix



**5** Pour the stock over the sweet potato



**6** Once the oven is up to temperature, put the dish inside and set the timer for 40 minutes



## Dinner Recipe Salmon and sweet potato traybake (Oven)

**7** Chop the broccoli into small pieces



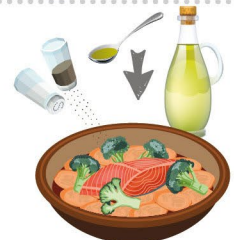
**8** When there are 12 minutes left to go, take the dish out of the oven using oven gloves



**9** Pop the salmon fillet on top of the sweet potato. Pop the broccoli on top of the sweet potato in an even layer



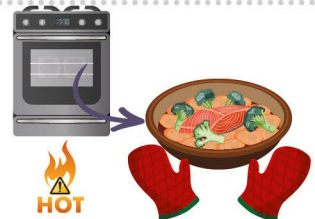
**10** Drizzle the olive oil, salt and pepper over the salmon fillet and broccoli



**11** Pop back in the oven using oven gloves for the remaining 10 minutes



**12** Take out of the oven using oven gloves and pop on a plate



Enjoy your Dinner!

