



DropChef Salmon Traybake with Chimichurri Sauce

Chimichurri is a fresh and flavourful herb-based sauce which originates from South America. It makes a fantastic accompaniment to grilled and roasted meats, veggies and fish. This recipe uses roasted beetroot to add a counteracting sweetness. Beetroot is a great source of nitric oxide which promotes blood vessel flexibility. This in turn contributes to improved blood pressure, flow, and overall heart health.

Ingredients

- Chimichurri herb mix
- Salmon fillets
- Beetroot
- Carrot
- Red onion
- Baby potatoes

Your Pantry

- Olive oil
- Salt
- Pepper

Nutritional Info

Calories: 571kcal
Carbohydrates: 39.3g
Protein: 28g
Fat: 34g

Allergens

Fish (Salmon)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 180°C or 160°C fan

2) Prepare the vegetables

Give the vegetables a good scrub (especially the beetroot). Peel the carrot and onion. Cut the courgette, beetroot, carrots, and potatoes into 1cm pieces. Cut the onion into slim wedges. Place all of the vegetables on a roasting tray and drizzle with oil. Season with salt and pepper and place in the oven for 15-20 minutes, or until almost tender.

3) Make the chimichurri sauce

Mix the chimichurri herbs with 10ml of water *per person* and 10ml of oil *per person*.

4) Cook the salmon

Season the salmon fillets with salt and pepper. Take out the tray of vegetables and lay the salmon over them, skin-side down. Drizzle a spoonful of the chimichurri sauce over the salmon. Return to the oven to cook for 10-15 minutes, or until the salmon is cooked through.

5) Plate the dish

Plate the vegetables and salmon, and drizzle the remaining chimichurri sauce over.



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