



Salmon with Broccoli & Sweet Potatoe



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 palm-sized Salmon
- A generous handful Broccoli florets
- 1 hand-sized Sweet Potato, cubed
- 1 tsp Olive Oil
- 1 tsp Smoked Paprika
- A squeeze Lemon juice
- A sprinkle Parsley, chopped
- A pinch Salt, to taste
- A pinch Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a sheet pan with parchment paper.
2. In a bowl, toss the cubed sweet potato with half of the olive oil and the smoked paprika. Spread on the prepared sheet pan and roast for 10 minutes.
3. Add salmon fillets and broccoli to the sheet pan. Drizzle with the lemon juice and the remaining olive oil. Season with salt and black pepper.
4. Roast for another 12–15 minutes, until salmon is cooked through and sweet potatoes are tender.
5. Season with additional salt and pepper if needed. Garnish with parsley and serve warm.

AVERAGE NUTRITION INFO

Energy : 1780 kJ / 425 Cal Fat : 21 g Carbs : 28 g Protein : 29 g Fibre : 6 g Sugar : 6 g

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