



## BAKED SALMON TACOS WITH AVOCADO SALSA – SERVES 4



Crisp taco shells filled with oven-baked salmon, topped with avocado salsa and garlic dressing. A delicious twist for a quick and an easy week-night dinner.

### INGREDIENTS

3 skinless salmon fillets  
1 tbsp. smoked paprika  
2 tsp. ground cumin  
  
2 ripe avocados  
5 spring onions  
2 large tomatoes  
2 limes  
½ pack coriander  
  
1 garlic clove  
200g natural yoghurt  
8 corn taco shells

### DIETARY COMPONENTS

Salmon provides a good source of high quality protein and heart healthy Omega-3 fatty acids.

### EQUIPMENT

Vegetable knife  
Spoon  
Garlic press  
Chopping board  
Mixing bowl  
Scissors  
Jug  
Juicer  
Spoon measures  
Serving bowl

### ALLERGENS

Contains wheat & dairy

### METHOD

1. Pre-heat the oven to 220°C/425°F/Gas 7.
2. Mix the paprika and cumin in a small bowl. Rub the spices over the salmon fillet and bake for 10-12 minutes until cooked through.
3. Whilst the salmon is cooking, peel and crush the garlic and add to the natural yoghurt to create the dressing. Season to taste.
4. To make the avocado salsa, stone, peel and dice the avocado and place in a bowl. Finely chop the spring onion and add to the avocado. De-seed and finely chop the tomatoes then add to the mix. Squeeze the lime and add the juice to the bowl. Roughly chop the coriander and add. Stir to combine the ingredients together.
5. Warm the taco shells in the oven. Flake the salmon and serve with the tacos, avocado salsa, yoghurt dressing and lime wedges.