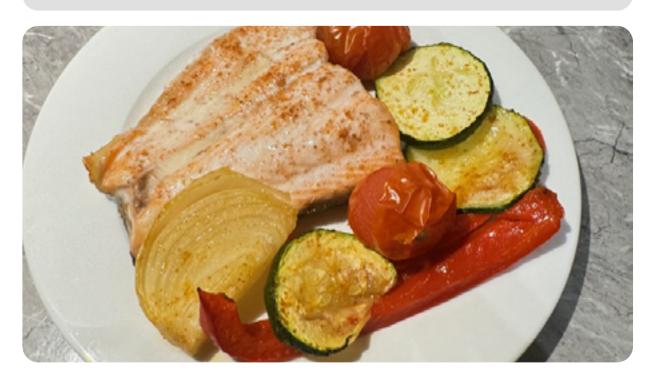
# 2 easy-bake meals



Are you looking for easy-to-make meals that are tasty and nutritious? Here are 3 simple dishes to begin with.

To make things easier, our recipes include ingredient amounts for both one and two serves.



# Salmon and veg casserole

A casserole is a one-dish bake. That means less hassle when cooking and cleaning.

#### Ingredients for one

- · ½ zucchini sliced into rounds
- ¼ onion cut into wedges
- ½ cup cherry tomatoes
- ½ sliced capsicum
- 1½ tablespoons olive oil
- ½ teaspoon Cajun seasoning or your favourite fish seasoning
- 1 salmon fillet
- Optional squeeze of fresh lemon

Cover and store in the fridge any veg you chop up and don't finish. You can use rigid containers, glad wrap, or a moist paper towel. This will help keep your produce fresher for longer.

## Ingredients for two

- 1 zucchini sliced into rounds
- ½ onion cut into wedges
- 1 cup cherry tomatoes
- 1 sliced capsicum
- 3 tablespoons olive oil
- 1 teaspoon Cajun seasoning or your favourite fish seasoning
- 2 salmon fillets
- Optional squeeze of fresh lemon

#### Instructions

- 1. Preheat oven to 200°C and line a baking dish with baking paper or aluminium foil, or thoroughly grease the dish with vegetable oil.
- 2. In a large bowl, toss all the veggies with your seasoning and about 2/3 of the olive oil. Spread the veggies into a single layer on the baking sheet.
- 3. Place your salmon fillets skin side down between the veggies. Brush with the remaining olive oil.
- 4. Roast in the oven for 12-15 minutes, or until the salmon is flaky and mostly opaque.
- 5. Serve yourself a fillet with veggies. Optionally, squeeze a fresh lemon over the dish. And enjoy!

The most accurate way to ensure your salmon is cooked is to use a <u>food thermometer</u>. Check that the centre of the thickest part of the fish is at least 63°C. For chicken, the minimum safe temperature is 74°C.



## **Veggie bake**

Here is a vegetarian dish with lots of protein from plant-based foods!

#### Ingredients for one

- 1 cup black beans
- ½ cup broccoli florets
- ½ cup sliced capsicum
- ½ cup sliced zucchini
- ½ cup cooked quinoa or brown rice
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs (such as thyme, parsley, or chilli flakes)

#### Ingredients for two

- 2 cups black beans
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced eggplant
- · 1 cup cooked quinoa or brown rice
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs

#### **Optional toppings**

- Toasted almonds, pine nuts, or sesame seeds for added crunch
- Feta or goat cheese for creaminess
- · A squeeze of lemon juice

#### Instructions

- 1. Preheat your oven to 200°C.
- 2. In a large bowl, combine the beans, broccoli, carrots, eggplant, and precooked quinoa or rice.
- 3. Drizzle with olive oil, then add garlic powder, salt, pepper, and your chosen herbs. Toss everything until well coated.
- 4. Spread the mixture evenly on a lined baking tray.
- 5. Bake for 20-25 minutes, or until the veggies are tender.
- 6. Serve warm, with your chosen toppings.

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