














Roasted Salmon with Cauliflower and Tomatoes and Homemade Yogurt Flatbreads

Discovery Special 45 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  All-Purpose Flour
1 | 2
-  Baking Powder
2 tsp | 4 tsp
-  Cauliflower
½ | 1
-  Baby Tomatoes
227 g | 454 g
-  Moroccan Spice Blend
1 tbsp | 2 tbsp
-  Greek Yogurt
2 | 4
-  Parsley
7 g | 14 g
-  Feta Cheese, crumbled
¼ cup | ½ cup
-  Garlic Spread
2 tbsp | 4 tbsp
-  Yogurt Sauce
3 tbsp | 6 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Make flatbread dough

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **flour**, **baking powder** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **salt** to a large bowl. Stir to combine.
- Add **yogurt**, then stir until no dry pockets remain. **Dough** will be shaggy.
- Transfer **dough** to a large, clean work surface. Using your hands, press **dough** together.
- Knead until **dough** forms into a ball, 2-3 min. Lightly coat **dough** with **oil**. Invert bowl over **dough** to cover and let rest, 15 min.

2



Prep and roast veggies

- While **dough** rests, cut **half the cauliflower** into bite-sized pieces (use the whole cauliflower for 4 ppl). Poke **each tomato** with a fork.
- Add **cauliflower**, **tomatoes**, **2 tsp Moroccan Spice Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** Use two sheets with 1 tbsp of oil and 2 tsp Moroccan Spice Blend per sheet for 4 ppl.) Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing halfway through, until **veggies** are tender and browned, 15-18 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven.)

3



Prep and roast salmon

- Pat **salmon** dry with paper towels, then season with **remaining Moroccan Seasoning**, **salt** and **pepper**.
- Add **salmon** to another parchment-lined baking sheet, skin-sides down. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top.
- Roast in the **top** of the oven until **salmon** is cooked through, 10-12 min.**

4



Roll flatbreads

- Once **dough** has rested, cut into four (eight) equal pieces. Lightly coat **each piece of dough** in **oil**.
- Lightly coat work surface, hands and a rolling pin with **oil**.
- Working with **one piece of dough** at a time, roll **each piece of dough** into a $\frac{1}{8}$ -inch thick disc. (**NOTE:** It's okay if the disc is not a perfect circle.) Cover with a clean towel or plastic wrap.

5



Cook flatbreads

- Heat a large non-stick pan over medium-high heat.
- When hot, reduce heat to medium, then add one **flatbread**. Cook until **bottom** is golden-brown and bubbles form on surface, 1-3 min.
- Reduce heat to medium-low. Flip and cook on second side until **flatbread** puffs up, 1-2 min.
- Transfer **cooked flatbread** to a platter and cover to keep warm. Repeat with **remaining dough**.

6



Finish and serve

- Roughly chop **parsley**.
- Spread **garlic spread** onto **flatbreads**. Sprinkle **half the parsley** over top.
- Sprinkle **feta** over **veggies**.
- Divide **salmon**, **veggies** and **flatbreads** between plates.
- Sprinkle **remaining parsley** over top.
- Serve **yogurt sauce** alongside.