

cajun salmon

nutrition, cooking & serving guide



COOKING

Pierce lid and reheat at 180°C until core temperature has reached 83°C.

SERVING

Rice & yoghurt

SAFETY

We recommend using a baking tray to move the meals in and out of the oven.

NUTRITION

Featuring tender salmon alongside butternut squash, red peppers, sweetcorn, courgette, and red onion, this colourful meal provides at least 2 of a child's 5-a-day and an impressive 6.5 plant points, helping to encourage dietary variety and support a healthy gut microbiome.

Salmon is an oily fish and a fantastic source of omega-3 fatty acids, which support healthy vision and brain development in growing children. The colourful vegetables provide a range of vitamins and minerals, while the red peppers and lime juice are natural sources of vitamin C, helping the body absorb iron from the meal.